

TIME STRESS QUESTIONNAIRE

THE FOLLOWING LIST DESCRIBES TIME-RELATED DIFFICULTIES PEOPLE SOMETIMES EXPERIENCE. PLEASE INDICATE HOW OFTEN EACH IS A DIFFICULTY FOR YOU

DIFFICULTY	NO	SOMETIMES	OFTEN
my time is dictated by factors beyond my control	no	sometimes	often
interruptions	no	sometimes	often
more to do than time available	no	sometimes	often
too little to do in time available	no	sometimes	often
disorganization of my time	no	sometimes	often
procrastination	no	sometimes	often
separating home, school, and work	no	sometimes	often
transition from work/school to home	no	sometimes	often
finding time for regular exercise	no	sometimes	often
finding time for daily periods of relaxation	no	sometimes	often
finding time for friendships	no	sometimes	often
finding time for family	no	sometimes	often
finding time for vacations	no	sometimes	often
easily bored	no	sometimes	often
saying "yes" when I later wish I had said "no"	no	sometimes	often
feeling overwhelmed by large tasks	no	sometimes	often
avoiding important tasks by spending time on less important ones	no	sometimes	often
unable to delegate	no	sometimes	often
my perfectionism creates delays	no	sometimes	often
I tend to leave tasks unfinished	no	sometimes	often
I have difficulty with unfinished tasks	no	sometimes	often

too many projects going at one time	no	sometimes	often
I try to please others too often	no	sometimes	often
too many projects going at one time	no	sometimes	often
I tend to hurry even when I don't need to	no	sometimes	often
not enough time alone	no	sometimes	often
too many projects going at one time	no	sometimes	often
I feel like I need to be on time	no	sometimes	often

Now pick out the four most significant time-related stressors for you and identify two strategies you can use to help relieve each of these stressors.

STRESSOR #1:

STRATEGY 1:

STRATEGY 2:

STRESSOR #2:

STRATEGY 1:

STRATEGY 2:

STRESSOR #3:

STRATEGY 1:

STRATEGY 2:

STRESSOR #4:

STRATEGY 1:

STRATEGY 2: