

Your coping style

When I encounter stress, the following always occurs (mark all that apply):

- 1. I get butterflies in my stomach. _____
- 2. I find it hard to concentrate. _____
- 3. My pulse rate increases. _____
- 4. I start to worry about things I cannot control. _____
- 5. I feel as if there is not enough time to solve my problems. _____
- 6. I feel warm, and frequently begin to sweat. _____
- 7. I get a burst of energy, but soon feel hungry and weak. _____
- 8. My mind races with thoughts. _____
- 9. I get depressed. _____
- 10. I develop intestinal problems, such as diarrhea. _____
- 11. I have trouble sleeping. _____
- 12. I get mental images of the worst things that could happen. _____
- 13. My feet get cold. _____
- 14. My sex drive declines. _____
- 15. I talk to myself about my options. _____
- 16. My body feels almost "paralyzed." _____
- 17. I escape mentally, by focusing on happy thoughts. _____
- 18. I relieve tension with pacing, jiggling my leg, or engaging in some other "nervous habit." _____
- 19. I become coldly logical. _____
- 20. My hands tremble and I feel shaky. _____

Item numbers 1,3,6,7,10,11,13,14,16,18 and 20 reveal primarily physical responses to stress. If you marked more than five out of these eleven, you tend to have a strong tendency to react physically to stress.