

Stress Analysis Worksheet

There are two types of stress, eustress and distress. Name three examples of eustress in your life and three examples of distress in your life.

Eustress

1.

2.

3.

Distress

1.

2.

3.

Psychologists divide conflict situations into four broad categories. For each category, describe a specific situation in your life, or in the life of someone you know, that illustrates the category

1. *Approach-Approach Conflict*

2. *Avoidance-Avoidance Conflict*

3. *Approach-Avoidance Conflict*

4. *Double Approach-Avoidance a Conflict*

On the back of this paper answer the following questions.

5. Review the Social Readjustments Rating Scale. What are some life changes that have occurred in your life?
6. What was your score on the Anger-In Scale? How does it compare to the average?
7. Are you more Type A or Type B? Explain your response.
8. What are some of the methods you use to relieve stress? Are you satisfied with these methods? Why or why not?