

## What Kind of MONSTER is Hiding Under Your Bed?

Stress affects each of us in different ways and creates various kinds of monsters – perfectionism, control issues, and unrealistic expectations, just to name a few. To find out what kind of monster stress is creating in your life read each of the following questions and circle the appropriate response. When you are finished, add up the total of all of your circled numbers. Then view your MONSTER results that follow.

**1= almost never    2=rarely    3=sometimes    4=frequently    5= almost always**

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 1. When the house is a mess and someone is coming over my heart races, and I run around cleaning as fast as I can.                    | 1 | 2 | 3 | 4 | 5 |
| 2. When something gets broken or spilled I become angry and shout at that person.   | 1 | 2 | 3 | 4 | 5 |
| 3. I <i>expect</i> my family to help around the house without being asked/told, and when they don't I get mad and do it myself.       | 1 | 2 | 3 | 4 | 5 |
| 4. When a car cuts in front of me or tailgates me I feel irritated or angry.  | 1 | 2 | 3 | 4 | 5 |
| 5. I have expectations of my friends and family, and am often disappointed.   | 1 | 2 | 3 | 4 | 5 |
| 6. Life would be so different for me if I just had more money or time.  | 1 | 2 | 3 | 4 | 5 |
| 7. When my day doesn't go as planned, I might say, "Why me! Nothing ever goes my way!"  | 1 | 2 | 3 | 4 | 5 |
| 8. I am easily irritated by waiting in lines at store check-outs.   | 1 | 2 | 3 | 4 | 5 |
| 9. I find myself having thoughts like <i>I wish my life was more like my friend Jane's!</i>   | 1 | 2 | 3 | 4 | 5 |
| 10. If I take any time for myself during the day, I feel I must make excuses to others for my behavior.                               | 1 | 2 | 3 | 4 | 5 |
| 11. I have thoughts like, "I'll be happy when <i>I get another job!</i> " (or insert any other event).                                | 1 | 2 | 3 | 4 | 5 |
| 12. My main goal during an argument is to be right. I have difficulty admitting when I am wrong.                                      | 1 | 2 | 3 | 4 | 5 |
| 13. When others offer me solutions to my problems, I don't usually follow their advice.   | 1 | 2 | 3 | 4 | 5 |
| 14. I have difficulty making decisions for fear they will be "wrong." (For example, the age-old <i>What do you want for dinner?</i> ) | 1 | 2 | 3 | 4 | 5 |
| 15. When I feel I have done something wrong I relive the event over and over and/or worry about what will happen the next day.        | 1 | 2 | 3 | 4 | 5 |

Total \_\_\_\_\_

## **Your Total Score: How Are You Handling Your MONSTERS??**

### **60-65**

You appear to have great difficulty managing your stress and are probably not living the life you want to live. Your perceptions of normal, daily life events may be distorted. If you continue on this course you are at high risk for stress-related illnesses.

### **45-59**

You have some stress management skills, but seem to be having difficulty in many areas. It is important for you to pinpoint the areas causing you stress so that you may learn skills in all areas in your life. Failure to do so may lead you down the path to stress-related illnesses.

### **30-44**

You're on the right track, but still need some help. You may have select areas that are difficult for you to manage. Focus on those areas, and you're on your way to a more healthy life!

### **15-29**

You appear to be very effective in managing your stress. You understand the difference between normal life situations and truly stressful events. It is important to recognize your approach to stressful situations so that when times get rough, you will continue to be effective. You are contributing to a healthy life!

## **What Are Your MONSTERS?**

### **Your MONSTER might be perfectionism: Questions 1, 10, 12, 14, and 15**

High scores on these questions indicate a tendency toward perfectionism. You may set unrealistically high expectations for yourself and worry what others will think if you make a mistake. You should focus on expecting excellence from yourself, not perfection.

**Begin by practicing this phrase: *The desire to be perfect damages my self-esteem.***

### **Your MONSTER might be expectations of others: Questions 2, 3, 4, 5, and 8**

High scores on these questions indicate that you live in a "should" world. You expect others to behave in certain ways, and when they don't you are, at the least, annoyed. This is a very destructive thought pattern which leads to a great deal of stress. You should focus on setting more realistic standards for those around you.

**Begin by practicing this question: *What would I like for this person to do, and is my expectation reasonable?***

### **Your MONSTER might be your perception of control: Questions 6, 7, 9, 11, and 13**

High scores on these questions indicate that you see negative events in your life as being out of your control. Instead of taking steps to improve circumstances in your life you might place blame with other people or circumstances. You should focus on finding your own solutions.

**Begin by practicing this phrase: *There is ALWAYS a solution!***