

PERSONAL STRESS PROFILE

**DO NOT OPEN THIS TEST BOOKLET
UNTIL YOU HAVE READ ALL OF THESE DIRECTIONS**

1. You are not to mark or write on this booklet in any way. You will indicate your answers on the answer sheet as indicated below.
2. All of the questions of this analysis refer to the person being tested. These questions do not apply to any other person who may be answering the questions about the person. For instance, if you are answering for another, read the question "Does some of his muscles" instead of "Do some of your muscles".
3. Be sure you understand each question: read it several times if necessary. Please answer every question, you can give your opinion if you are uncertain about the answers.
4. Do not think too long about any one question; answer it as soon as you understand it and then go on to the next question.
5. When an answer would be different if one considered the past rather than the present, *answer as of the present*.
6. On the answer sheet, you are given three columns in which to mark your answer -
 - Plus (+) means mostly yes or decidedly so.
 - Mid means uncertain, maybe, neither definitely yes or no.
 - Minus(-) means mostly no or decidedly no.
7. Your answer to each question is indicated by making a mark in the circle in the column which will show your answer.
8. Keep your answer sheet on a smooth hard surface while making your answers. Each mark should be a heavy black mark filling the circle. If you erase be sure it is completely erased and the other answer heavy enough that there will be no difficulty distinguishing your answer.
9. Other comments are desirable and may be written on the reverse side of the answer sheet.
10. Record your name, address, and date in the spaces provided on the answer sheet, open this booklet to page 1, question number one, and proceed to record your answers to the questions per previous instructions contained on this page.

QUESTIONS

MARK YOUR ANSWERS ON THE ANSWER SHEET. WRITE ANY COMMENT YOU WISH TO MAKE ON THE BACK OF THE ANSWER SHEET. DON'T MARK ON THIS QUESTIONNAIRE.

1. Do you have a tendency to say whatever comes to your mind without thinking if it should be said or if it would be better left unsaid?
2. When others are getting rattled, do you remain calm?
3. Do you use the telephone, dictionary, or atlas quite considerable when it is not necessary?
4. Are you swayed by your like or dislike of the leading supporter of a proposal in question, in arriving at your decision, rather than being independent?
5. Do you want no more than two children even though your health and income are adequate to support more?
6. Do some of your muscles occasionally jerk, with there being no reason for it?
7. Do you usually try to avoid being placed in positions of responsibility where you would have to make decisions, such as chairman of a committee or officer of an organization?
8. Do you sometimes surprise others by your unexpected actions?
9. Do you think the government is spending too much on relief and pensions?
10. Do the affairs of other people interest you very much?
11. Is your voice quite varied rather than even?
12. Do you say little except in response?
13. Is it almost always easy for you to be interested in what others are conversing about?
14. When hunting or fishing do you feel concern for the pain you inflict on game, live bait or fish?
15. Do you act impulsively rather than deliberately?
16. Do you talk slowly?
17. Are you generally careless of accepted rules of protecting your health?
18. When unexpected things happen do some of your muscles have jerking motions?
19. Are you considerate in your demands on others?
20. Do you give a judgement only after looking at the pro's and con's?
21. Is it hard on you when you fail?
22. Do you have spells of liveliness lasting at least several days rather than staying at about the same level?
23. Do you resent the efforts of others to tell you what to do?
24. Is it hard for you to accept blame, so that you seek to avoid it?
25. Do you have only a few close friends rather than a large circle of friends and acquaintances?
26. Does "everything" seem glorious to you even though you are aware of some things that should be changed?
27. Do you often sing or whistle just because life is fun?
28. Do others consider you affectionate?
29. Do you want to be in a position to give orders rather than take them, such as be an independent professional man, have your own business, be a supervisor, etc.?

30. Do you put quite a few depreciations of others into your conversation?
31. Are you strict in the matter of discipline, rather than being easy going?
32. Can your world "cave in on you" without your being upset?
33. Do you try to get others to laugh or smile?
34. Do you express your emotions readily?
35. If another is late for an appointment do you refrain from complaining?
36. Do others sometimes consider you a wet blanket or a spoil sport?
37. Do you think that someone is definitely unfriendly to you and works against you?
38. Will you give in or stop, "to keep the peace", when involved in a controversy?
39. Are you really fond of only a few people?
40. Are you constantly happy even when there is no real reason for it?
41. Do you move about quite a bit at a social gathering?
42. Do you use all reasonable precautions to prevent accidents?
43. Do you suffer from stage fright?
44. If you noticed a clerk had made a mistake in your favor, would you buy the article at the cheaper price?
45. Do you sometimes think others are looking at you or talking about you, when they are really not doing so?
46. Do you get into trouble occasionally?
47. Are you afraid of, or hate any particular object or group of objects or situations: that is, do you have any phobias?
48. Are you inclined to just watch when others are participating in an active sport?
49. When called upon to judge, do you find it easy to be impartial?
50. Do you maintain uniform courteous behavior to other members of your family?
51. Are you good at "breaking the ice" at a social gathering?
52. Do you buy more on credit than you can afford?
53. Do you remain upset for some time following an accident or other disturbing incident?
54. Is your behavior as much influenced by considerations of others welfare, as by consideration of your own advantage?
55. When hearing speakers, do you sometimes have the experience of thinking or feeling that the speaker is referring to you?
56. Can you work efficiently without strain with others talking in the same space?
57. Do you pay less attention to things going on around you than most people?
58. Do you make plans well in advance of an event and then carry them out?
59. Do you think modern prisons coddle the prisoners too much, and so interfere with needed punishment?
60. Are you inclined to be jealous?
61. Do things seem unreal to you occasionally, even if pleasantly so?
62. Do you recover rapidly from bad news?

63. Is it always tactful and really meant to be helpful when you do criticize?
64. Do some people consider you to be cheerful?
65. Do you often keep your opinions to yourself because they do not seem important enough to tell others?
66. Are you so self-assured that it sometimes annoys others?
67. Do you spontaneously give things away, even though you have a use for them?
68. Does life seem worth while?
69. Are you affected by listening to emotional music?
70. Do your rivals deserve for you to think better of them than you do?
71. Do you frequently dream of death, pain, or illness?
72. Are you rather indifferent to maintaining the dignity of your job or place in life?
73. Do you hold on to some things for which you have no real use?
74. Do you give much time in your conversation to the criticism of people and things?
75. If you see something beautiful do you express your satisfaction?
76. Have you ever given away, something that belonged to someone else?
77. Do you greet people cordially?
78. Do you often ponder on past misfortunes?
79. Do you sometimes give the appearance of being dominating so that others feelings are sometimes hurt?
80. Do you accept criticism easily without resentment?
81. If there are distracting noises and movements about, can you enjoy a rest?
82. Are there several things about yourself on which you are touchy?
83. Do you have a tendency to put off doing things past the time that would be best?
84. When you see someone in pain are you sympathetic enough as to want to do something about it?
85. Is it easy for you to get yourself started?
86. Do you bite your fingernails or chew objects?
87. Do you break out in more explosive words or actions than would be expected from the cause?
88. In a war where your country was invading another country, would you feel sympathetic with conscientious objectors?
89. Are you prejudice in favor of your own state, college, club, etc.?
90. Do you have few interests and activities that are your own choice?
91. Do you have some thought demanding your attention too much of the time and annoying you?
92. Do you eat slowly?
93. Are you usually able to steady a difficult situation where others go to pieces?
94. Do you make a habit of offering help to other motorists who need it, but don't ask for it?
95. Are you logical and scientific in your thinking?
96. Do you pay your debts and keep your promises when it is possible?
97. Do you sleep well?

98. Would you spank or otherwise administer corporal punishment to your ten-year old child, if it willfully disobeyed you?
99. In a club or organization to which you belong, do you prefer to take a passive role?
100. Is your opinion influenced by looking at things from the standpoint of your education, experience, or occupation?
101. Do you feel that there are many opportunities for the youth of today?
102. Do you throw things away and then find that you need them?
103. Do you give up easily rather than persist at much inconvenience to yourself?
104. Do you live the kind of life where you have only a few expressions of enthusiasm?
105. Are you almost free of being suspicious of the actions of others?
106. Are you sometimes disturbed by the thought that no one cares for you?
107. Do you doubt your fitness to take responsibility and so avoid it or take it with reluctance?
108. When something happens do you feel you simply "must" tell others about it?
109. If you have a disagreement do you think as well of the person afterwards?
110. Do you have a varied, rather than a uniform expression when talking?
111. When you have an opinion, can you simply state it, without outlining how you arrived at it?
112. When passing a beautiful child, do you avoid showing interest rather than looking and smiling?
113. Are you so well pleased by life that you never considered committing suicide?
114. Would you consider yourself a "go getter"?
115. Is it hard to please you?
116. Can you quickly forget a minor failure on your part?
117. Do you sometimes feel that you talk too much?
118. Do you smile much?
119. In the books you read, and the shows you see, do you find many shortcomings to comment on?
120. Do you seek to have your own way, rather than being likely to give in to the wishes of others?
121. Do you prefer to ride, instead of walk, when the distance is not great?
122. Do harmless rattles, crickets, or the wind disturb you?
123. Are personal interests unable to sway you from sound decisions?
124. Do you make tactless blunders often?
125. Have you made more than one loan, for which you were "worked", and never repaid?
126. Can you see things from someone else's point of view, when you wish to?
127. Do you sometimes get quite exhilarated?
128. Do you do some things more than good judgement would indicate?
129. Are you in favor of restricted residential areas to keep "inferior" races in their own places?
130. Do you have a habit of blinking your eyes, pulling at your hair, nose, ears, or some other such mannerism?
131. Are you able to adapt readily, to new conditions and situations, even if they are difficult?
132. Do some noises "grate on your ears", or "set your teeth on edge"?
133. When voting, do you study the candidate and issues, rather than voting the same party ticket straight?

134. Do you frequently stay up late?
135. Are you impatient with a child's strong desire for a worthless object?
136. Do children irritate you?
137. Do you talk less than others?
138. Do you carry out assignments promptly and systematically?
139. When you are traveling do you help the aged, infirm, or those with children, rather than leave such tasks to the officials?
140. Do you place too high an importance on your own interests and fields of knowledge in comparison with others?
141. Do you remember illness or pain for quite some time?
142. Does disorder fail to disturb you, so that you can refuse to be cognizant of it?
143. If you are not able to do something, do you feel abused, instead of finding some substitute activity with which to adapt?
144. Are you successful in relating an incident, acting, or telling a joke?
145. Do you try to convert others to your ideas about several subjects in which you are not an expert?
146. Does disorder bother you so much, that you feel you must take immediate and drastic action against it?
147. Do you accept defeat easily without any evidence of feeling disappointed?
148. Do you frequently have the blues?
149. Would you rather be with adults nearly all the time, rather than with children part of the time?
150. Do you seldom express any grievances?
151. Are you sometimes unable to join the fun when on a party?
152. Do you think well of most people, so rarely to speak slightly of them?
153. Do you work in "spurts", being relatively inactive and then furiously active for a day or two?
154. Do you fail to complete what you start to do, often enough to bother you?
155. Do other people like to be with you?
156. Can you quietly watch another work, without feeling you must insist on helping when they indicate they would rather do it themselves?
157. Do you suspect someone does not like you and criticizes you to others?
158. Do you laugh or smile quite a bit?
159. Is your voice and manner emphatic?
160. Are you cordial only to close friends if at all?
161. Do you find it annoying to have any criticism made of you, even though it is justified and from which you could profit?
162. Do you attempt to "start things" in the area in which you live?
163. Would you stand by and fail to protect some animal from needless suffering?
164. Is it easy for you to relax?
165. Do you quickly return to normal, rather than being disturbed for a while, after seeing a tragic motion picture or drama?
166. Do you sometimes become so frightened or apprehensive that you have physical reactions?

167. Do your emotions sway your judgement much?
168. Are you lively enough so that someone might suggest that you are "always on the go"?
169. Is it hard for you to get started on a task that needs to be done?
170. Are you opposed to criminals being paroled?
171. Do you worry when it is not really justified?
172. In a disagreement, does the matter seem so one-sided, that you find it hard to understand how the other can possibly differ from your opinion?
173. Do you "stand up" well under adversity?
174. Are you almost always truthful to others?
175. Do you frequently find yourself "waiting" for something to happen, instead of taking action?
176. Do you spend too freely, in relation to your income?
177. Do you take necessary risks without much worry?
178. If you were involved in an automobile or other accident, would you really try to see that any damage you did was made good?
179. Do others push you around?
180. Do you over-estimate your friends, in comparison to others whom you judge more severely?
181. Does some inferiority make you feel sad?
182. When you have a grievance straightened out, do you continue to be peeved for awhile?
183. Do you give a kiss, hug, pat on the back, or otherwise manifest pleasure in meeting friends you haven't seen for some time, rather than just being polite?
184. When you really want to do something, do you feel your desires are paramount to all opposition?
185. Do you feel strongly convinced of the correctness of your opinions when in a controversy, excluding those subjects about which you are an expert?
186. Do you frequently feel you are rushing in several directions all at the same time?
187. Is your opinion of your abilities less than the facts warrant?
188. Do you avoid passing cemeteries or other reminders of death?
189. If you lose something, are you inclined to think that someone else mislaid or stole it?
190. Do you show a friendly attitude in your voice or manner?
191. Does life seem rather vague and unreal to you?
192. Do you feel grief over war victims and refugees and think of it often?
193. Do young lovers who are hampered by opposition appeal to you strongly?
194. Do you spend very little, if any, time grumbling about the condition of your work?
195. If you felt someone was suspicious of some of your actions, would you broach the subject to them, rather than avoiding the issue?
196. Does your age bother you, either being too young or growing older?
197. Do you have spells of being sad and depressed, rather than staying at about the same level?
198. Are you frequently dismayed by the actions of others, not being able to understand their duplicity or stupidity?
199. Do you tend to hide your feelings?
200. Do you think you have many warm friends?