

Personal Control Survey

Rate the following items 1-5 with 5 indicating most control

I am in control of myself (generally) _____

I am in control of my thoughts _____

I am in control of my feelings _____

I am in control of my "reactions" _____

I am in control of my behavior _____

I am in control of my time _____

I am in control of my finances _____

I am in control of my health _____

Factors (resources, people, experience, personal traits, etc) that help increase my control are:

Factors (people, issues, habits, circumstances, etc) that decrease or interfere with my control are:

Stress Effect

What are the primary symptoms or signals that you are experiencing stress (how are you different when stressed compared to when not stressed?)