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HEALTHY STRESS SELF-ASSESSMENT QUESTIONNAIRE

In this 21st Century, we see ourselves as tremendously evolved creatures, considering the myriad of revolutionary improvements since the early invention of the wheel thousands of years ago. Yet serious lack of such growth in healthy mind development is quite evident when we consider how easily we can avoid healthy stress.

Part I How Well do I Accept Healthy Stress?

This questionnaire provides a number of significant inquiries that will assist you in defining how well you are accepting healthy stress. The questions also encompass abilities that determine our level of emotional intelligence. Initially, you may find the number of assessments a bit overwhelming, yet you will certainly benefit from this valuable exercise.

Please note that an accurate assessment requires comprehensive self-awareness and bold self-honesty. Over time, the results of your efforts toward improving these valuable abilities will become evident when you later complete the questionnaire in order to compare your earlier results with improvements you have made over time.

This questionnaire is similar in length and comprehension to the "Leadership Inventory" noted in Marshall Goldsmith's bestseller book, "*What Got You Here Won't Get You There.*" Marshall is considered the #1 leadership coach in the world. Years ago, EII's director was employed by Dr. Goldsmith.

The questionnaire is organized into categories for easy review and analysis. You will discover a number of smart choices in Part I that you already accept. Depending on where you are in your journey toward healthier mind development, you may find accepting healthy stress more difficult, and realize, after completing this questionnaire, that you have more work to do to improve than expected.

For best use of this exercise, try to answer questions honestly, and then review each category periodically, while taking time to ponder and reflect. Being more conscious of ways you accept or avoid healthy stress should help to guide your conscience and motivation each day toward increasingly healthier outcomes. There is no grading-level analysis to calculate comparing your results with others. The assessment answers are strictly for your own information.

(Note: 1st box is Always, 2nd is Often, 3rd is Occasionally, 4th is Rarely, 5th is Never)

A. Do I Search for Better Ways to Do Things?

☐☐☐☐☐ 1. I search for the best way to accomplish my tasks.
☐☐☐☐☐ 2. I accept required study to help improve my EQ performance.
☐☐☐☐☐ 3. I search for ways to improve my reactions to healthy stress.
☐☐☐☐☐ 4. I try to define my dysfunctional behavior, so I can practice improving.
☐☐☐☐☐ 5. I pause while focused to consider other priorities.
☐☐☐☐☐ 6. I take heed to wise advice.
☐☐☐☐☐ 7. I question my own actions for errors in judgment.
☐☐☐☐☐ 8. I try to think of smarter strategies and techniques to improve my actions.
☐☐☐☐☐ 9. I look for the healthiest approach to guide my thoughts and behavior.
☐☐☐☐☐ 10. I reflect upon my mistakes to help me remember later to do better.

B. Am I Conscientious about Doing the Right Thing?

☐☐☐☐☐ 1. I am conscientious about acting honorably in everyday affairs.
☐☐☐☐☐ 2. I recognize and apply effort to reduce unhealthy irritations.
☐☐☐☐☐ 3. I apply effort to remember important information.
☐☐☐☐☐ 4. I spend time weighing options to determine the right choice or action.
☐☐☐☐☐ 5. I accept the necessary effort required for improving poor behavior.
☐☐☐☐☐ 6. I attempt to smartly resolve important, yet difficult problems and dilemmas.
☐☐☐☐☐ 7. I question my judgment honestly, considering whether I am right or wrong.
☐☐☐☐☐ 8. I research complex subject matter, so I can avoid uneducated opinions.
☐☐☐☐☐ 9. I apply conscientious effort to reflect and recognize my own wrong-doings.
☐☐☐☐☐ 10. I accept the same high standards of conduct that I expect from others.
☐☐☐☐☐ 11. I share time, energy, and money to healthfully assist others in need.
☐☐☐☐☐ 12. I accept responsibilities willingly, without complaints.
☐☐☐☐☐ 13. I say NO to irresponsible behavior that I'd love to do.

C. Am I Progressively Building My Emotional Strength?

☐☐☐☐☐ 1. I am motivated to reach for healthy endeavors.
☐☐☐☐☐ 2. I accept bittersweet endeavors that provide a sensible gain.
☐☐☐☐☐ 3. I accept important, but difficult challenges.
☐☐☐☐☐ 4. I apply effort to accomplish what I find disgusting, but healthy to do.
☐☐☐☐☐ 5. I find healthy ways to acknowledge and get beyond inappropriate feelings.
☐☐☐☐☐ 6. I am patient when I know I need to be.
☐☐☐☐☐ 7. I accept that which is healthy, yet difficult.
☐☐☐☐☐ 8. I look for my weaknesses and apply *extra* effort to overcome them.
☐☐☐☐☐ 9. I practice healthy disciplines.
☐☐☐☐☐ 10. I watch for a change in my attitude and improve, when necessity.
☐☐☐☐☐ 11. I apply healthy self-talk to reduce anxiety from fear and anger.

D. Am I Safety Conscious?

☐☐☐☐☐ 1. I seriously consider safety issues when scheduling my priorities.
☐☐☐☐☐ 2. I accept safety restrictions to benefit my well-being and that of others.
☐☐☐☐☐ 3. I let go of what is not healthy to have or endear.
☐☐☐☐☐ 4. I am careful not to lose things of value.
☐☐☐☐☐ 5. I spend ample time managing my finances and other security challenges.
☐☐☐☐☐ 6. I consider ways to ward-off problems.
☐☐☐☐☐ 7. I am cautious and alert when performing potentially hazardous activities.
☐☐☐☐☐ 8. I am careful to practice good hygiene.

E. Am I Efficient and Effective?

☐☐☐☐☐ 1. I take good care of myself and manage my affairs well.
☐☐☐☐☐ 2. I practice mastering important skills, even when I would rather not.
☐☐☐☐☐ 3. I take time to preplan well for important events.
☐☐☐☐☐ 4. I persevere with important missions, even when I prefer giving up.
☐☐☐☐☐ 5. I use good organization skills.
☐☐☐☐☐ 6. I resist procrastination.
☐☐☐☐☐ 7. I take maintenance and other chores seriously.
☐☐☐☐☐ 8. I accept accomplishing a priority, even when I would rather not.
☐☐☐☐☐ 9. I try to do tasks in a way that doesn't compromise danger or quality.
☐☐☐☐☐ 10. I pace myself to timely accomplish difficult tasks.
☐☐☐☐☐ 11. I am timely in letting others know when I am running behind.
☐☐☐☐☐ 12. I cancel appointments and scheduled events in a timely manner.

F. Do I Apply EQ Effort to Get Along With Others?

☐☐☐☐☐ 1. I am careful not to absorb conversations.
☐☐☐☐☐ 2. I make an effort to learn what is required for improving relationships.
☐☐☐☐☐ 3. I challenge others in healthy ways.
☐☐☐☐☐ 4. I consider others' feelings and needs during tense discussions.
☐☐☐☐☐ 5. I diplomatically defend principles that I find are worthy.
☐☐☐☐☐ 6. I look for a healthy approach to resolve differences.
☐☐☐☐☐ 7. I remain civil while working to resolve problems with others.
☐☐☐☐☐ 8. I diplomatically question others actions and judgment.
☐☐☐☐☐ 9. I apply effort to cooperate and compromise with others.
☐☐☐☐☐ 10. I am careful to be fair with others.
☐☐☐☐☐ 11. I close a subject gracefully, when differences become irresolvable.
☐☐☐☐☐ 12. I admit when I am wrong or have done something wrong.
☐☐☐☐☐ 13. I apologize when I am wrong.
☐☐☐☐☐ 14. I accept the consequences when my actions are inappropriate.
☐☐☐☐☐ 15. I act kindly and civil, even when difficult to do so.
☐☐☐☐☐ 16. I responsibly help and care for others in need.
☐☐☐☐☐ 17. I stop myself when inappropriate thoughts about others come to mind.

G. Am I Trying to Improve EI Knowledge and Practice?

☐☐☐☐☐ 1. I try to learn more about the helpful and harmful influences of emotions.
☐☐☐☐☐ 2. I try to tell the difference between healthy stress and real frustrations.
☐☐☐☐☐ 3. I am inspired to endure healthy stress.
☐☐☐☐☐ 4. I apply emotional fortitude.
☐☐☐☐☐ 5. I am aware of the many benefits of enduring healthy stress.
☐☐☐☐☐ 7. I am aware of the consequences of not enduring healthy stress.
☐☐☐☐☐ 8. I remember embarrassing situations to avoid recurrences.

Part II Why do I Avoid Healthy Stress?

This part of the questionnaire provides several questions to assist you in identifying and reducing the emotional factors that are causing you to avoid healthy stress. By answering these questions, you should be able to narrow down the contributing culprits. Please be aware that clarifying any reasons why you avoid healthy stress may require humbling self-honesty, and reveal unfortunate weaknesses.

Do consider particular problems you have had to deal with as you answer each question. Review the questions with the intent to better grasp ones that would be helpful to avoid when dealing with healthy stress. Such a review may help strengthen your resolve.

(Note: 1st box is Always, 2nd is Often, 3rd is Occasionally, 4th is Rarely, 5th is Never)

A. Do I Realize How Tricky and Peculiar the Mind Can Function?

☐☐☐☐☐ 1. I automatically accept unhealthy ideas.
☐☐☐☐☐ 2. I am defensive about my unhealthy desires.
☐☐☐☐☐ 3. I avoid controlling my emotions when it makes me feel uncomfortable.
☐☐☐☐☐ 4. I react similarly to healthy stress as I do to traumatic experiences.
☐☐☐☐☐ 5. I spend time on trivial matters and ignore important priorities.
☐☐☐☐☐ 6. My thoughts seem logical in the moment, yet I later recognize better choices.
☐☐☐☐☐ 7. I avoid applying my intelligence to shift toward a better direction.
☐☐☐☐☐ 8. When anxious, I feel justified about avoiding healthy stress.
☐☐☐☐☐ 9. I avoid setting boundaries that would protect me from harmful influences.
☐☐☐☐☐ 10. I easily let my guard down.
☐☐☐☐☐ 11. I avoid healthy stress, even though it makes future acceptance harder.
☐☐☐☐☐ 12. I get engrossed in what I'm doing and find it stressful to pause and consider other important matters that may need my attention.

B. Am I Prone to Irrational Thinking?

☐☐☐☐☐ 1. I can get as stressed over a $4.00 problem as a $1000.00 one.
☐☐☐☐☐ 2. I think that what's logical and meaningful naturally come to mind, rather than reliant upon how seriously I am considering my wisest reasoning.
☐☐☐☐☐ 3. I know when my emotions are misleading me, but don't redirect myself.
☐☐☐☐☐ 4. I allow my mind to assume, exaggerate, and deny when to my advantage.
☐☐☐☐☐ 5. I become impatient when patience is difficult to endure.
☐☐☐☐☐ 6. I deny any problems I have enduring healthy stress.
☐☐☐☐☐ 7. I have a conflict of interest between my well-being and unhealthy interests.
☐☐☐☐☐ 8. I don't think that I will encounter problems, if I ignore nurturing EI.
☐☐☐☐☐ 9. I can be complacent about the quality of my thinking.
☐☐☐☐☐ 10. Since avoiding healthy stress hasn't caused problems thus far, I don't think I need to be concerned with consequences in the future.

C. Am I Inclined to Take Life as Casually as Possible?

☐☐☐☐☐ 1. I am lethargic and uncaring about building emotional strength.
☐☐☐☐☐ 2. I enjoy life too much to consider accepting healthy stress.
☐☐☐☐☐ 3. I am disinterested in enduring stress, even if it is for a healthy reason.
☐☐☐☐☐ 4. I find that avoiding healthy stress is easier than avoiding the consequences.
☐☐☐☐☐ 5. I more easily avoid the immediate pain of healthy stress, when the consequence isn't clearly evident.
☐☐☐☐☐ 6. I give in to strong temptations, rather than to delay gratification.
☐☐☐☐☐ 7. I find it difficult to become passionate about healthy choices.
☐☐☐☐☐ 8. I postpone accepting healthy stress until later, then later again, without even considering that I am procrastinating.
☐☐☐☐☐ 9. I avoid more difficult problems when possible, rather than to resolve them.
☐☐☐☐☐10. I spoil myself by ignoring healthy stress and don't identify it as spoiling.
☐☐☐☐☐11. I avoid pursuing important goals or go about pursuing them in wrong ways.
☐☐☐☐☐12. I become lackadaisical about healthy stress and often avoid it.
☐☐☐☐☐13. I am inclined to throw caution to the wind.
☐☐☐☐☐14. I don't care how much I hurt myself and others by avoiding healthy stress.