

# Stressor Chart

		Type of Stress Cause				
		Internal Stress	Work Related Stress	Family Stress	Transferred Stress	Diffuse Stress
Sign of Stress	Physical		<p><b>1</b></p> <p>Tuesday 11:15<sup>AM</sup> Wed 11:45<sup>AM</sup> I have stomach ache for 10 min. - then goes away</p> <p>Friday 12:10<sup>AM</sup>: I was in pain from high heart rate for about an hour!</p>			<p><b>4</b></p> <p>Sunday + Monday have had a pain in my neck. Maybe it is from stress...?</p>
	Emotional		<p>Monday 4:45<sup>AM</sup>: I felt alone all morning - Now just want to go home!</p>			
	Behavioral			<p><b>2</b></p> <p>Friday 10:30<sup>PM</sup> Was checking shopping list over and over again - maybe 8 times</p>		

**E**

**X**

**A**

**M**

**P**

**L**

**E**

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**3** Note: Saturday - I had a wonderful day!!!

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## Short evaluation

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There are 4 remarks to make when analyzing this sample chart!

1. There could be signs of some work related stress issues. It should be investigated further. Also note the time, it is around normal lunch time. It could be, that this person is having lunch with someone he/she is nervous about meeting, perhaps performance anxiety... Note, however, that the stomach pain could be from regular hunger. Generally, temporary high heart beat is not a problem (consult your doctor if you are in any doubt!!), hypertension (high blood pressure) is the one to look out for. Increased heart rate, could also point to performance anxiety.
2. The stress response towards the shopping list is probably nothing - but rather include too much then too little in your list. Maybe this person is hosting a big dinner in the upcoming weekend?... You should the information, to think about logical connections first and foremost - don't get scared if it APPEARS that you are super stressed, there might be other explanations.
3. There is a note outside the borders of the chart. This is a good thing, don't feel constricted! And ask, why was this a good day? Was it because family and friends came over for the big dinner Saturday?
4. Number four is tricky: Stress can easily cause tension in the neck, but it can just as easily be the other way around. This person is feeling stress because of neck pain, the neck pain might be from a bad posture during the week-days. If so, it is an easy fix. If it doesn't help, more investigation is needed.

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Hint: Do you see the two marks made, just underneath the big number "1"? These two marks was probably made to call attention to the fact, that this event happened twice

*This test is meant as a guide to help, I take no responsibility for any misuse*

