

## Stress Response Profile

This test will tell you the relative extent to which your personal response to life stressors is either *physical* or *cognitive* (mental). It will also indicate to some degree the severity of your stress levels. Circle the number which corresponds to the degree to which you experience the following symptoms of stress. "1" means never, "5" means frequently.

		Never	1	2	3	4	5	Frequently
<b>A</b>	I have difficulty concentrating because of uncontrollable thoughts.	1	2	3	4	5		
<b>B</b>	My heart beats faster.	1	2	3	4	5		
<b>C</b>	I worry too much about things that don't really matter.	1	2	3	4	5		
<b>D</b>	I imagine terrifying scenes.	1	2	3	4	5		
<b>E</b>	I feel jittery in my body.	1	2	3	4	5		
<b>F</b>	I get diarrhoea or vomiting.	1	2	3	4	5		
<b>G</b>	I can't keep anxiety provoking pictures out of my mind.	1	2	3	4	5		
<b>H</b>	I feel tense in the stomach.	1	2	3	4	5		
<b>I</b>	Unimportant things bother me.	1	2	3	4	5		
<b>J</b>	I feel like I'm losing out because I can't make up my mind quickly.	1	2	3	4	5		
<b>K</b>	I nervously pace.	1	2	3	4	5		
<b>L</b>	I become immobilised.	1	2	3	4	5		
<b>M</b>	I perspire.	1	2	3	4	5		
<b>N</b>	I can't keep anxiety provoking thoughts out of my mind.	1	2	3	4	5		

Write in your scores for questions:-

<b>A</b>	<b>C</b>	<b>D</b>	<b>G</b>	<b>I</b>	<b>J</b>	<b>N</b>

Write in your scores for questions:-

<b>B</b>	<b>E</b>	<b>F</b>	<b>H</b>	<b>K</b>	<b>L</b>	<b>M</b>

### Cognitive Response

Total = \_\_\_\_/35

### Physical Response

Total = \_\_\_\_/35

## Explanation

1. The *relative* size of your **Cognitive Response** versus your **Physical Response** scores indicates the extent to which you are likely to respond either cognitively (mentally) or physically (or both) in any stressful situation. It also indicates the relative usefulness to you *personally* of the stress release strategies listed below.

If you are mainly a *physical* responder, you need more *physical* release strategies and fewer *cognitive* release strategies to help you cope with stress. Physical responders cannot release stress using cognitive strategies.

If you are mainly a *cognitive* responder, you need more *cognitive* release strategies and fewer *physical* release strategies to help you cope with stress. Cognitive responders cannot release stress using physical strategies.

If your response is divided fairly evenly between the two types, you need *both* physical and cognitive strategies to help you cope with stress.

2. The *actual* size of your score indicates the *degree* or *severity* of your stress. Scores of 18 or more in *either* the cognitive *or* physical areas indicate a stress level which needs some attention.

### Physical Release Strategies

Exercise  
Dancing  
Making Love  
Sun Bathing  
Yoga  
Sport  
Holidays  
Warm Baths  
Hobbies  
Tai Chi  
Massage  
Martial Arts  
Sight Seeing

### Cognitive Release Strategies

Meditation  
Art  
Music  
Reading  
Theatre & Movies  
Television  
Relaxation Techniques  
Prayer  
Breathing Exercises  
Self-Hypnosis  
Flotation Tank Sessions  
Talking & Debating



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