**WELLNESS WORKSHEET 13**

**Time Stress Questionnaire**

The following list describes time-related difficulties people sometimes experience. Please indicate how often each is a difficulty for you, using the numbers shown.

0 = Seldom or never a difficulty for me  
1 = Sometimes a difficulty for me  
2 = Frequently a difficulty for me

____ 1. My time is directed by factors beyond my control  
____ 2. Interruptions  
____ 3. Chronic overload—more to do than time available  
____ 4. Occasional overload  
____ 5. Chronic underload—too little to do in time available  
____ 6. Occasional underload  
____ 7. Alternating periods of overload and underload  
____ 8. Disorganization of my time  
____ 9. Procrastination  
____ 10. Separating home, school, and work  
____ 11. Transition from work or school to home  
____ 12. Finding time for regular exercise  
____ 13. Finding time for daily periods of relaxation  
____ 14. Finding time for friendships  
____ 15. Finding time for family  
____ 16. Finding time for vacations  
____ 17. Easily bored  
____ 18. Saying “yes” when I later wish I had said “no”  
____ 19. Feeling overwhelmed by large tasks over an extended period of time  
____ 20. Avoiding important tasks by frittering away time on less important ones  
____ 21. Feeling compelled to assume responsibilities in groups  
____ 22. Unable to delegate because no one to delegate to  
____ 23. My perfectionism creates delays  
____ 24. I tend to leave tasks unfinished  
____ 25. I have difficulty living with unfinished tasks  
____ 26. Too many projects going at one time
27. Getting into time binds by trying to please others too often
28. I tend to hurry even when it’s not necessary
29. Lose concentration while thinking about other things I have to do
30. Not enough time alone
31. Feel compelled to be punctual
32. Pressure related to deadlines

**Scoring**
Add your scores and find your rating below.

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Difficulty Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0–9</td>
<td>Low difficulty with time-related stressors</td>
</tr>
<tr>
<td>10–19</td>
<td>Moderate difficulty with time-related stressors</td>
</tr>
<tr>
<td>20 or more</td>
<td>High difficulty with time-related stressors</td>
</tr>
</tbody>
</table>

Now go back and underline the five most significant time-related stressors for you. Identify two concrete strategies you can take to help relieve each of these key stressors:

**Stressor 1:**

1. 
2. 

**Stressor 2:**

1. 
2. 

**Stressor 3:**

1. 
2. 

**Stressor 4:**

1. 
2. 

**Stressor 5:**

1. 
2. 