



STRESS TOLERANCE ASSESSMENT

counsel • self-study • teaching • cell group • life

Name (who answers are about)

Name (answers given by -if different)

Date

Directions: Answer the following questions giving an honest assessment of yourself or the person to whom the answers apply (ie spouse). Feel free to add explanatory comments.

	Strongly Disagree									Strongly Agree
1. I do not cry often	1	2	3	4	5	6	7	8	9	10
2. I am seldom fearful for no apparent reason	1	2	3	4	5	6	7	8	9	10
3. I seldom need breaks just to unwind	1	2	3	4	5	6	7	8	9	10
4. I seldom feel overwhelmed	1	2	3	4	5	6	7	8	9	10
5. I do not eat more when I am down	1	2	3	4	5	6	7	8	9	10
6. I do not drink to cope with life or problems	1	2	3	4	5	6	7	8	9	10
7. I do not do drugs (prescription or otherwise) because I am down	1	2	3	4	5	6	7	8	9	10
8. God is the first place I turn to when struggling	1	2	3	4	5	6	7	8	9	10
9. My prayer life is meaningful to me	1	2	3	4	5	6	7	8	9	10
10. I do not tend to panic in difficult situations	1	2	3	4	5	6	7	8	9	10
11. I believe God is in control all the time	1	2	3	4	5	6	7	8	9	10
12. I trust God in my trials	1	2	3	4	5	6	7	8	9	10
13. I find that trials tend to deepen my faith and increase my spiritual maturity.	1	2	3	4	5	6	7	8	9	10
14. I am able to praise the Lord in the midst of difficult trials	1	2	3	4	5	6	7	8	9	10
15. I would rather go through hardship and grow in my faith than have no trials but be weak in my faith	1	2	3	4	5	6	7	8	9	10
16. God brings trials into my life to grow me up in the faith	1	2	3	4	5	6	7	8	9	10
17. I am easily encouraged by others	1	2	3	4	5	6	7	8	9	10
18. I find comfort in God's Word when I am struggling	1	2	3	4	5	6	7	8	9	10
19. People consider me joyful in most circumstances	1	2	3	4	5	6	7	8	9	10
20. Life is a blessing from the Lord	1	2	3	4	5	6	7	8	9	10