



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

(over)

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- ___ 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.

- 0–9 Low difficulty with time-related stressors
- 10–19 Moderate difficulty with time-related stressors
- 20 or more High difficulty with time-related stressors

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. _____