



## WELLNESS WORKSHEET 13

### Time Stress Questionnaire

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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. \_\_\_\_\_