

WHERE STRESS COMES FROM

Check the areas causing you the most stress.

- _____ Chemicals
- _____ Children
- _____ Communication
- _____ Commuting
- _____ Major decision-making
- _____ Emotions
- _____ Finances
- _____ Health (Sleeping, eating, disease, sickness, etc.)
- _____ Investments
- _____ Life changes (empty nest, adolescence, etc.)
- _____ Life traumas (divorce, death, etc.)
- _____ Marital problems
- _____ Physical challenges
- _____ Phobias
- _____ Recreation
- _____ Relationships
- _____ Low Self-esteem
- _____ Sexual problems
- _____ Spiritual needs
- _____ Time
- _____ Work
- _____ Vacation
- _____ Other _____

EXPECTATIONS CHECKLIST

Please check those statements describing the expectations you hold for yourself.

- _____ 1. I should excel in everything
- _____ 2. I should not be tired
- _____ 3. I should not raise my voice when angry
- _____ 4. I should always be available to my friends
- _____ 5. I should always be positive
- _____ 6. I should always be enthusiastic
- _____ 7. I should be a model of success for my peers
- _____ 8. I should provide a good standard of living for my family
- _____ 9. I should be more productive
- _____ 10. I should exercise daily
- _____ 11. I should have spiritual time each day
- _____ 12. I should be creative
- _____ 13. I should be friendly
- _____ 14. I should own a nice home
- _____ 15. I should be outgoing
- _____ 16. I should be more businesslike
- _____ 17. I should not let problems get me down
- _____ 18. I should be more organized
- _____ 19. I should be able to handle this problem on my own
- _____ 20. I should prove myself in all situations
- _____ 21. I should have a dream
- _____ 22. I should not be overweight
- _____ 23. I should not make mistakes
- _____ 24. I should never give up
- _____ 25. I should constantly push myself to the limit
- _____ 26. I should always finish what I'm doing before moving
on to the next project.
- _____ 27. I should have new interests
- _____ 28. I should not expect rewards for my work

- _____ 29. I should be more hospitable
- _____ 30. I should attend all my children's activities
- _____ 31. I should be a friend as well as a parent to my children
- _____ 32. I should spend more time with my partner/spouse and
or children
- _____ 33. I shouldn't have to ask for more pay. My value should
be obvious
- _____ 34. I should always look attractive
- _____ 35. I should reach all my goals
- _____ 36. I should never say no
- _____ 37. I should always feel sexy
- _____ 38. I should always feel accepted
- _____ 39. I should always feel competent
- _____ 40. I should use every moment productively

Challenge your general expectations. Are you making unrealistic demands on yourself?

If you have checked 20 or more sentences you are setting yourself up for disillusionment. YOU are the major cause of your own stress.

Reexamine the expectations you've placed on yourself. Are you trying to prove your adequacy to others?

Release the internal pressure you are applying to yourself by eliminating the "shoulds" in your life.