

Evaluate your Stress Inducing Attitudes

Listed below are a number of common attitudes that increase our stress levels, hinder our ability to achieve what we want from life and prevent us from creating successful and satisfying relationships. I invite you to carefully consider how each attitude affects you and those around you and how these impact upon your ability to effectively manage your stress levels.

0 = I am not at all this way 10 = I am totally this way
(circle the most appropriate number below)

Judgemental

A tendency to be judgemental, critical and persecutory towards yourself and others

0 1 2 3 4 5 6 7 8 9 10

Impatient

An inability to allow things to emerge in their own time

0 1 2 3 4 5 6 7 8 9 10

Blinkered

A tendency to approach anything new with preconceptions and assumptions.

Example: one sunset is the same as any other.

0 1 2 3 4 5 6 7 8 9 10

Non Trusting

An inability to have faith in the validity of your own thoughts, feelings and intuition.

0 1 2 3 4 5 6 7 8 9 10

Striving

Always striving to fix, improve, make perfect

0 1 2 3 4 5 6 7 8 9 10

Non Accepting

An inability to accept things just as they are, in the present moment An inability to accept yourself just as you are.

0 1 2 3 4 5 6 7 8 9 10

Unable to Let Go

Becoming entangled in the content. Patterns of avoidance and aversion – a tendency to cling to the pleasant and reject the unpleasant. (experiences and feelings)

0 1 2 3 4 5 6 7 8 9 10

Pessimism v Optimism

A tendency to adopt a pessimistic view of life, eg tending to view your glass as half empty instead of half full

0 1 2 3 4 5 6 7 8 9 10