

Stress hardiness quiz

Are you tough when life gets rough? This simple quiz can give you an idea of how stress-hardy you are. Indicate how strongly you agree or disagree with each statement, using this scale:

- 0 = **strongly disagree**
- 1 = **mildly disagree**
- 2 = **mildly agree**
- 3 = **strongly agree**

- A. ____ Trying my best at work makes a difference.
- B. ____ Trusting to fate is sometimes all I can do in a relationship.
- C. ____ I often wake up eager to start on the day's projects.
- D. ____ Thinking of myself as a free person leads to great frustration and difficulty.
- E. ____ I would be willing to sacrifice financial security in my work if something really challenging came along.
- F. ____ It bothers me when I have to deviate from the routine or schedule I've set for myself.
- G. ____ An average citizen can have impact on politics.
- H. ____ Without the right breaks, it is hard to be successful in my field.
- I. ____ I know why I am doing what I'm doing at work.
- J. ____ Getting close to people puts me at risk of being obligated to them.
- K. ____ Encountering new situations is an important priority in my life.
- L. ____ I really don't mind when I have nothing to do.

- A+G minus B+H = **control score**
- C+I minus D+J = **commitment**
- E+K minus F+L = **challenge**

Stress hardiness score: _____

The Hardiness Questionnaire is taken from Suzanne Ouellette Kobasa's article "How Hardy Are You?" (*American Health Magazine* September 1984, p 64-77). Reprinted with permission from the publisher.

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