

# SKILLS ASSESSMENT FOR AAAbc's OF STRESS MANAGEMENT

## 1. PERSONAL MANAGEMENT SKILLS

Organizing your time, and your energy expenditure.

- VALUING: investing yourself correctly \_\_\_\_\_
- PLANNING: moving toward goals \_\_\_\_\_
- COMMITMENT: saying "yes" \_\_\_\_\_
- TIME USE: setting priorities \_\_\_\_\_
- PACING: controlling the tempo \_\_\_\_\_

SKILL LEVEL				
1	2	3	4	5

SKILL USE				
1	2	3	4	5

## 2. RELATIONSHIP SKILLS

interacting with your environment.

- CONTACT: reaching out to others \_\_\_\_\_
- LISTENING: tuning in to others \_\_\_\_\_
- ASSERTIVENESS: saying "no" \_\_\_\_\_
- FIGHT: standing your ground \_\_\_\_\_
- FLIGHT: leaving the scene \_\_\_\_\_
- NEST BUILDING: creating a "home" \_\_\_\_\_

SKILL LEVEL				
1	2	3	4	5

SKILL USE				
1	2	3	4	5

## 3. OUTLOOK SKILLS

changing your mind, and choosing your attitude and how you want to feel, and what you want to think

- RELABELING: seeing a different perspective \_\_\_\_\_
- SURRENDER: saying "goodbye" \_\_\_\_\_
- FAITH: accepting your limits \_\_\_\_\_
- IMAGINATION: laughing, being creative \_\_\_\_\_
- WHISPER: talking nicely to yourself \_\_\_\_\_

SKILL LEVEL				
1	2	3	4	5

SKILL USE				
1	2	3	4	5

## 4. SELF-CARE SKILLS: building your strength, stamina, and outlets for tension

- EXERCISE: fine-tuning your body \_\_\_\_\_
- EATING: feeding your body well \_\_\_\_\_
- GENTLENESS: not "nagging" yourself \_\_\_\_\_
- RELAXATION: letting go of tension \_\_\_\_\_
- STRETCHING: loosening up \_\_\_\_\_

SKILL LEVEL				
1	2	3	4	5

SKILL USE				
1	2	3	4	5

NOW my best developed skills are: \_\_\_\_\_

NOW my least developed skills are: \_\_\_\_\_

NOW the skills I use most often are: \_\_\_\_\_

NOW the skills I use least often are: \_\_\_\_\_

(on the back of this page) How I want to be different in the future --specifically what skills I will use or re-use from the past.

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**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
 YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**