

# SKILLS ASSESSMENT FOR STRESS MANAGEMENT

UNSKILLED  
SEMI-SKILLED  
PROFICIENT  
EXPERT

NEVER  
RARELY  
OCCASIONALLY  
REGULARLY

## I. PERSONAL MANAGEMENT SKILLS - organizing your time, energy output

VALUING: investing self correctly \_\_\_\_\_

PLANNING: moving toward goals \_\_\_\_\_

COMMITMENT: saying "yes" \_\_\_\_\_

TIME USE: setting priorities \_\_\_\_\_

PACING: controlling the tempo \_\_\_\_\_

SKILL LEVEL


SKILL USE


## II. 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" \_\_\_\_\_



## III. OUTLOOK SKILLS - changing your mind, choosing your attitude

RELABELING: seeing a different perspective \_\_\_\_\_

SURRENDER: saying "goodbye" \_\_\_\_\_

FAITH: accepting your limits \_\_\_\_\_

IMAGINATIONS: laughing, being creative \_\_\_\_\_

WHISPER: talking nicely to yourself \_\_\_\_\_



## IV. SELF-CARE SKILLS - building your strength, stamina, & outlets for tension

EXERCISE: fine-tuning your body \_\_\_\_\_

EATING: feeding your body \_\_\_\_\_

GENTLENESS: wearing kid gloves \_\_\_\_\_

RELAXATION: letting go of tension \_\_\_\_\_

STRETCHING: loosening up \_\_\_\_\_



### AT PRESENT:

My best skills (highest skill level) \_\_\_\_\_

My underdeveloped skills (lowest skill level) \_\_\_\_\_

The skills I use most often (highest use) \_\_\_\_\_

My underutilized skills (lowest use) \_\_\_\_\_

### FOR THE FUTURE:

Skills I've neglected -- I'd like to start using them again. \_\_\_\_\_

Skills I'm not good at now, but I'd like to learn and practice them. \_\_\_\_\_

Skills I'd like to maintain -- I know I'll need them \_\_\_\_\_

Skills I'd like to use less -- time to put these on the back burner \_\_\_\_\_

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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.