

Personal Strain Self-Assessment



Part 1: How Stressful Are Different Situations for You?

This self-assessment is designed to help you become more aware of your internal thought and emotional processes. How are your thoughts and feelings connected in potentially stressful situations?

- 1. **Recognising the Situation** What event or circumstance triggered my reaction?
- 2. **Identifying My Thoughts** What evaluations, assumptions or interpretations arise from the situation?
- 3. **Understanding My Feelings** What emotions result from these thoughts?

In Part 1, the focus is on identifying how strongly different situations affect you.

Please respond honestly and as spontaneously as possible, without spending too much time reflecting on each statement. Then record your rating in the column provided.

Please rate how stressful you find each of the situations listed below using the following scale:

- 1** Not at all stressful
- 2** Slightly stressful
- 3** Moderately stressful
- 4** Very stressful
- 5** Extremely stressful

1. Conflicts with family members	
2. Conflicts with friends	
3. Conflicts with superiors	
4. Conflicts with colleagues	
5. Working under time pressure	
6. Taking on new work tasks	
7. Adapting to change	
8. Having several tasks on at the same time	
9. Receiving negative feedback	
10. Boredom	
11. Having to spend time alone	
12. Not having enough time for yourself	
13. Professional failure	
14. Having to deal with other people's negative emotions	
15. Having to deal with one's own emotions, such as	
• Anger	
• Anxiety	
• Grief	
• Dissatisfaction	
• Shame	
• Frustration	
• Embarrassment	
• Helplessness	
• Uncertainty	

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Part 2: What Happens in Stressful Situations?

In Part 2, you will take a closer look at the situations that you rated as most stressful.

This exercise is designed to help you uncover the underlying thoughts, beliefs, and needs that may be contributing to your reactions. As you work through each situation, try to be as specific and honest with yourself as possible. An example is provided below to guide you through the process.

Situation

The situation rated as stressful in Part 1 examined in more detail here.

Thoughts

The interpretations, assumptions, and beliefs that arise in response to the situation.

Feelings

The emotions that arise in response to your thoughts and beliefs.

Example Version A:

Situation

Working under time pressure → an important report is due by the end of the day, and I am not nearly finished yet.

Thoughts

„I won't be able to finish it on time.“
„I always end up under pressure. It's all becoming too much.“
„Others will think I'm incompetent.“

Feelings

Fear
Frustration
Helplessness

This illustrates an important point: it is not the situation itself that creates our emotions, but rather the way we interpret it. As a result, the same situation can lead to very different thoughts and feelings. The example could therefore look quite different:

Example Version B:

Situation

Working under time pressure → an important report is due by the end of the day, and I am not nearly finished yet.

Thoughts

„I'll focus on the most important tasks first.“
„I've successfully handled similar situations before. That's why people trust me with responsibilities like this.“
„I can ask others for support if needed.“

Feelings

Energy
Pride
Connection

When we become aware of the beliefs and patterns that shape our emotional reactions, we can develop more constructive ways of responding. This strengthens both our resilience and our ability to regulate our emotions effectively.