

A SURVEY OF COMMON STRESSES IN THE FAMILY

Listed below are twenty-five situations that can lead to an increase in stress in normal family life. *Please check the ten* that create or have created the most stress in your family life. *After you have checked these ten, please number then one through ten* in order of degree, one being the most stressful and ten being the least.

- _____ Communicating with children
- _____ Economics/finance/budgeting
- _____ Guilt for not accomplishing more
- _____ Housekeeping standards
- _____ Insufficient couple time
- _____ Insufficient family leisure time
- _____ Insufficient “me” time
- _____ Overscheduled family calendar
- _____ Overvoluntarism
- _____ Unhappiness with work situation
- _____ Children’s behavior/discipline/sibling fighting
- _____ Family member(s) feeling unappreciated
- _____ Lack of shared responsibility in the family
- _____ Self-image/self-esteem/feelings of unattractiveness
- _____ Spousal relationship (communication, friendship, sex)
- _____ Teen behaviors (communication, music, friends, church, school)
- _____ Television
- _____ Perfectionism
- _____ New baby
- _____ Neighbors
- _____ Moving
- _____ In-laws
- _____ Holidays
- _____ Dieting
- _____ Health/illness