



Stressful Environment Analysis

by Dr Archibald Hart

HOME:

Angry at spouse
Angry at children
Sexual difficulty
Financial problems
Family Conflict
Too many demands
Trouble with in-laws
Illness in family
Major loss
Blaming or projecting
Houseguests or lodgers
Remodeling or construction
Wedding, divorce, etc

WORK:

Angry at boss
Angry at fellow workers
Making mistakes
Noise irritants
Too much work to do
Too little work to do
Change in pay or hours
Pressure of deadlines
Poor time Management
Poor Prioritizing
Lack of assertiveness
Challenging project

RECREATION/INSIGHT:

Could not relax
Loneliness
Destructive Habits
Inadequate Exercise
No Support
Interpersonal Conflict
No responsibilities
Too many responsibilities
Physical Training
Spiritual "Awakening"
Stimulating relationships

GENERAL:

Difficulty sleeping
Angry at neighbors
Criticized by another
Problems with car
Weather conditions
Emotions cause problems
Too much excitement



Priority

Developing Leaders from the Inside Out

To help you pin-point the source of stress, here is a simple system of record-keeping that you should use as often as possible over the next few weeks.

Print several copies of this list. For a period of one week at a time, closely observe your daily activities. Every time you feel bothered, worried, angry, excited, or stirred up in any way, place a small check mark next to the category listed. (You may have to make very small marks for some of the items because they will occur often! There won't be enough space if you don't keep your writing tiny.)

Notice there are four major environments that make up your life: home, work, recreation/insight, and general. There is extra space for you to add any other category or specific situation.

At the end of the week, total up the number of marks against each specific event, and you will begin to see where the source of your stress really lies. When you have identified your major stressor or stressors, you can more intelligently begin to plan a strategy for coping with them.