



PERSONALITY QUIZ

Are You a Victim of Stress?



- 1 At the airport in a foreign country some officials stop you after you have just gone through passport control.
 - a No problem - they must have mistaken you for someone else.
 - b You are sure that you will miss your flight.

- 2 Your boss has just asked you to make a mini presentation in a meeting which is due to begin in 10 minutes.
 - a You feel nervous.
 - b You are calm and confident.

- 3 Heavy traffic blocks you on the way to a meeting.
 - a You immediately use your mobile to inform your colleagues.
 - b You do nothing and apologize when you arrive.

- 4 Your superiors are carefully monitoring a project you are working on.
 - a You are happy that they are taking an active interest in your work.
 - b You're worried that they might find something seriously wrong with your work.

- 5 You have been invited to an interview. The secretary says: "Mr Jones will see you in a minute." An hour has now passed.
 - a You feel angry and frustrated.
 - b You feel relaxed and sure that an excellent new job is just round the corner.

- 6 At a project meeting yesterday some of your colleagues teased you about some of your ideas.
 - a You still feel quite angry and embarrassed.
 - b A bit of teasing never harmed anyone.

SCORE

- You are totally stressed out if you agreed with the majority of the following questions: 1 b, 2 a, 3 a, 4 b, 5 a, 6 a
- You are a very relaxed and positive person if you agreed with the majority of the following questions: 1 a, 2 b, 3 b, 4 a, 5 b, 6 b