



Stress Survey

Name: _____ Date: _____

Please indicate on a scale of severity of each symptom you experience. We will focus on the top 10 areas of complaint. If you do NOT have that symptom, leave the question blank.

STRESS RELATED PAIN & SYMPTOMS

	Mild -----	Severe
Fatigue, worsened by physical exertion or stress	1 2 3 4 5 6 7 8 9 10	
Activity level decreased due to pain, low energy, or depression/anxiety	1 2 3 4 5 6 7 8 9 10	
Shortness of breath with little or no exertion	1 2 3 4 5 6 7 8 9 10	
Symptoms worsened by temperature changes, travel or stress	1 2 3 4 5 6 7 8 9 10	
Tremor or trembling	1 2 3 4 5 6 7 8 9 10	
Severe nasal allergies (new or worsened)	1 2 3 4 5 6 7 8 9 10	
Alteration of taste, smell, and/or hearing	1 2 3 4 5 6 7 8 9 10	
Cold extremities (hands and feet)	1 2 3 4 5 6 7 8 9 10	
Low body temperature (below 97.6) or Low blood pressure (below 110/70)	1 2 3 4 5 6 7 8 9 10	
Tender points on the body (trigger points)	1 2 3 4 5 6 7 8 9 10	
Heart palpitations, skipping heart beat	1 2 3 4 5 6 7 8 9 10	
Headache / Migraine	1 2 3 4 5 6 7 8 9 10	
TMJ syndrome (jaw tightness, clicking, tension, pain)	1 2 3 4 5 6 7 8 9 10	
Full or partial numbness or tingling of an arm or leg	1 2 3 4 5 6 7 8 9 10	
Muscle or joint pain	1 2 3 4 5 6 7 8 9 10	
Muscle weakness (feeling unstable in any area of the body)	1 2 3 4 5 6 7 8 9 10	
Eye fatigue, difficulty reading, changes in the ability to see well	1 2 3 4 5 6 7 8 9 10	
Difficulty reading without losing place and needing to reread the page	1 2 3 4 5 6 7 8 9 10	
Difficulty in switching focus from one thing to another	1 2 3 4 5 6 7 8 9 10	
Difficulty balancing blood sugar (high or low) or diabetic challenges	1 2 3 4 5 6 7 8 9 10	

UROGENITAL / RELATIONSHIPS / SEX

Worsening of premenstrual symptoms, Endometriosis or painful cycles	1 2 3 4 5 6 7 8 9 10	
Decreased libido (sex drive, not enjoying sex)	1 2 3 4 5 6 7 8 9 10	
Difficulty communicating with your partner about intimacy	1 2 3 4 5 6 7 8 9 10	

GASTROINTESTINAL CHALLENGES FROM STRESS

Stomach ache; abdominal cramps	1 2 3 4 5 6 7 8 9 10	
Esophageal reflux (heartburn)	1 2 3 4 5 6 7 8 9 10	
Frequent diarrhea or constipation	1 2 3 4 5 6 7 8 9 10	
Digestive Distress, Bloating; intestinal gas	1 2 3 4 5 6 7 8 9 10	
Weight gain or loss	1 2 3 4 5 6 7 8 9 10	

BRAIN FUNCTION / NEUROLOGICAL EFFECTS FROM STRESS

Inability to think clearly ("brain fog")	1 2 3 4 5 6 7 8 9 10	
Vertigo, Dizziness, Fainting or blackouts	1 2 3 4 5 6 7 8 9 10	
Numbness or tingling sensation	1 2 3 4 5 6 7 8 9 10	

Tinnitus (ringing in one or both ears)	1 2 3 4 5 6 7 8 9 10
Sensitivity to light and noise	1 2 3 4 5 6 7 8 9 10
Feeling spatially disoriented, difficulty with balance.	1 2 3 4 5 6 7 8 9 10
“Not quite seeing” or noticing what you are looking at	1 2 3 4 5 6 7 8 9 10
Difficulty with simple calculations (balancing checkbook)	1 2 3 4 5 6 7 8 9 10
Word-finding difficulty (remembering names)	1 2 3 4 5 6 7 8 9 10
Saying the wrong word (tongue tied, loss of words)	1 2 3 4 5 6 7 8 9 10
Difficulty expressing ideas into words or moving your mouth to speak	1 2 3 4 5 6 7 8 9 10
Difficulty following conversation with background noise present	1 2 3 4 5 6 7 8 9 10
Stuttering or stammering or slowed speech	1 2 3 4 5 6 7 8 9 10
Difficulty writing or typing	1 2 3 4 5 6 7 8 9 10
Impaired ability to concentrate or paying attention	1 2 3 4 5 6 7 8 9 10
Easily distracted during a task (difficulty finishing what you start)	1 2 3 4 5 6 7 8 9 10
Losing your train of thought in the middle of a sentence	1 2 3 4 5 6 7 8 9 10
Difficulty putting things or tasks in proper sequence	1 2 3 4 5 6 7 8 9 10
Losing track in the middle of a task (remembering what to do next)	1 2 3 4 5 6 7 8 9 10
Difficulty with short-term or long term memory	1 2 3 4 5 6 7 8 9 10
Difficulty understanding what you read (needing to reread to understand)	1 2 3 4 5 6 7 8 9 10
Confusing and Switching left and right throughout activities or speaking	1 2 3 4 5 6 7 8 9 10
Transposition or numbers, words, or letters when you write	1 2 3 4 5 6 7 8 9 10
Difficulty reading without losing your place (needing to reread often)	1 2 3 4 5 6 7 8 9 10
Difficulty remembering names of people or objects	1 2 3 4 5 6 7 8 9 10
Difficulty recognizing faces	1 2 3 4 5 6 7 8 9 10
Poor judgment	1 2 3 4 5 6 7 8 9 10
Difficulty making decisions	1 2 3 4 5 6 7 8 9 10
Difficulty following simple written directions	1 2 3 4 5 6 7 8 9 10
Difficulty following complicated written directions	1 2 3 4 5 6 7 8 9 10
Difficulty following simple oral (spoken) instructions	1 2 3 4 5 6 7 8 9 10
Difficulty following complicated oral instructions	1 2 3 4 5 6 7 8 9 10
Addictions to substances, pornography, electronics, abuse, gambling, eating	1 2 3 4 5 6 7 8 9 10

SLEEP CHALLENGES COMMON FROM STRESS

Excessive sleeping, un-refreshing or non-restorative sleep	1 2 3 4 5 6 7 8 9 10
Difficulty falling asleep or staying asleep (frequent awakenings)	1 2 3 4 5 6 7 8 9 10
Vivid or disturbing dreams or nightmares	1 2 3 4 5 6 7 8 9 10
Altered sleep/wake cycle (alertness/energy best at night)	1 2 3 4 5 6 7 8 9 10

MOOD /EMOTIONS / PERCEPTION CHALLENGES FROM STRESS

Feeling Depressed or Anxious	1 2 3 4 5 6 7 8 9 10
Not wanting to participate in life, Suicidal thoughts or attempt(s)	1 2 3 4 5 6 7 8 9 10
Feeling that you will have a difficult time getting ahead in life	1 2 3 4 5 6 7 8 9 10
Feeling worthless or unworthy of good things	1 2 3 4 5 6 7 8 9 10
Frequent crying or sadness/despair	1 2 3 4 5 6 7 8 9 10
Feeling helpless and/or hopeless	1 2 3 4 5 6 7 8 9 10
Difficulty enjoying activities that you once enjoyed	1 2 3 4 5 6 7 8 9 10
Irritability; overreaction	1 2 3 4 5 6 7 8 9 10
Rage attacks: anger outbursts with little or no cause	1 2 3 4 5 6 7 8 9 10
Abrupt, unpredictable mood swings	1 2 3 4 5 6 7 8 9 10
Phobias (irrational fears about anything or anyone)	1 2 3 4 5 6 7 8 9 10
