



STRESS AWARENESS QUESTIONNAIRE

PATIENT: _____ DATE: _____

The following three areas of stress can cause a misaligned vertebra (subluxation). Do you recognize any of these stresses? Please circle the stage(s) when you experienced these stresses: C (child), T (teenager), A (adult), or N (not at all).

1	PHYSICAL STRESS:					EXPLAIN
	Birth Traumas (as a mother or child)	C	T	A	N	_____
	Slips/Falls	C	T	A	N	_____
	Car Accidents (even minor)	C	T	A	N	_____
	Sports Injuries	C	T	A	N	_____
	Physical Abuse	C	T	A	N	_____
	Work Injuries	C	T	A	N	_____
	Poor Posture	C	T	A	N	_____
	Sitting on your wallet	C	T	A	N	_____
	Sleeping Position – Stomach	C	T	A	N	_____
	Extensive Computer Work	C	T	A	N	_____
	Carrying Heavy Purse/Bookbag/Child	C	T	A	N	_____
	Repetitive Lifting/Bending	C	T	A	N	_____
	Chronic Illnesses	C	T	A	N	_____
	Continuous Hours Sitting/Standing	C	T	A	N	_____
	Bone Fracture/Surgery	C	T	A	N	_____

2	EMOTIONAL STRESS:					EXPLAIN
	Relationships	C	T	A	N	_____
	Career	C	T	A	N	_____
	Children	C	T	A	N	_____
	Money	C	T	A	N	_____
	Fast-Paced Life	C	T	A	N	_____
	Hold in Feelings	C	T	A	N	_____
	Quick Tempered	C	T	A	N	_____
	Verbal Abuse	C	T	A	N	_____
	Perfectionist	C	T	A	N	_____
	Procrastinator	C	T	A	N	_____
	Sickness or Loss of Loved One	C	T	A	N	_____
	Post Traumatic Disorder	C	T	A	N	_____

3	CHEMICAL STRESS:					EXPLAIN
	Environment (ie pollution)	C	T	A	N	_____
	Smoker – Amount?	C	T	A	N	_____
	Second-hand Smoke	C	T	A	N	_____
	Poor Diet	C	T	A	N	_____
	Caffeine – Amount?	C	T	A	N	_____
	Excessive Sugar	C	T	A	N	_____
	Artificial Sweeteners	C	T	A	N	_____
	Alcohol	C	T	A	N	_____
	Prescription Drugs	C	T	A	N	_____
	Over-The-Counter Drugs (Example: Robaxin, Tylenol)	C	T	A	N	_____

4 What do you feel is your primary stress? _____