How well can you relax?

Answer the following questions by placing a number on the line preceding each one. Select the number that best describes your behavior.

3 = Always
2 = Sometimes
1 = Seldom

1. Are you able to shut out your worries when you go to bed at night?
2. Are you able to take a nap during the day and awaken refreshed?
3. Is your clothing well fitting and comfortable?
4. Are you able to concentrate on one problem at a time?
5. Do you plan your day’s activities?
6. Do you take time to relax and stretch during the day?
7. Do you take time to prevent tension by relieving sustained positions required for your work?
8. Do you know how to relax by doing simple movements when you feel yourself becoming tense because of sustained positions?
9. Do you check yourself frequently for habitual tension habits such as scowling, clenched fists, tight jaws, hunched shoulders, or pursed lips?
10. Do you relax these evidences of tension at will when you find them?
11. Do you find it easy to relax so that you sleep easily and deeply?
12. Do you know how to release tensions through simple movements so that you can sleep well?
13. Do you play with such interest that you become completely absorbed in what you are doing?
14. Do you plan your life, so that you can have change of people, scenery, and thoughts?

_____ TOTAL POINTS

33-42 indicates a high ability to relax
24-32 indicates an average ability to relax
15-23 indicates a low ability to relax

Schwartz, J. (1992) Letting Go of Stress