

NAME: _____

DATE: _____



EMOTIONAL STRESSORS QUESTIONNAIRE

Emotional stress is a source of interference to your nervous system and therefore interferes with your healing potential. Please answer the following questions taken from the Cornell Medical Index (CMI) to allow us to better assess your recovery barriers.

M

- Do you sweat or tremble a lot during examinations or questioning? Yes No
- Do you get nervous and shaky when approached by a superior? Yes No
- Does your work fall to pieces when the boss or a superior is watching you? ... Yes No
- Does your thinking get completely mixed up when you have to do things quickly? Yes No
- Must you do things very slowly in order to do them without mistakes? Yes No
- Do you always get directions and orders wrong? Yes No
- Do strange people or places make you afraid? Yes No
- Are you scared to be alone when there are no friends near you? Yes No
- Is it always hard for you to make up your mind? Yes No
- Do you wish you always had someone at your side to advise you? Yes No
- Are you considered a clumsy person? ... Yes No
- Does it bother you to eat anywhere except in your own home? Yes No

N

- Do you feel alone and sad at a party? ... Yes No
- Do you usually feel unhappy and depressed? Yes No
- Do you often cry? Yes No
- Are you always miserable and blue? Yes No
- Does life look entirely hopeless? Yes No
- Do you often wish you were dead and away from it all? Yes No

O

- Does worrying continually get you down? Yes No
- Does worrying run in your family? Yes No
- Does every little thing get on your nerves and wear you out? Yes No
- Are you considered a nervous person? .. Yes No
- Does nervousness run in your family?... Yes No
- Did you ever have a nervous breakdown? Yes No

- Did anyone in your family ever have a nervous breakdown? Yes No
- Were you ever a patient in a *mental* hospital (for your nerves)? Yes No
- Was anyone in your family ever a patient in a *mental* hospital (for their nerves) .. Yes No

Q

- Do you have to be on your guard even with your friends? Yes No
- Do you always do things on sudden impulse? Yes No
- Are you easily upset or irritated? Yes No
- Do you go to pieces if you don't constantly control yourself? Yes No
- Do little annoyances get on your nerves and make you angry? Yes No
- Does it make you angry to have anyone tell you what to do? Yes No
- Do people often annoy and irritate you? Yes No
- Do you flare up in anger if you can't have what you want right away? Yes No
- Do you often get into a violent rage? ... Yes No

R

- Do you often shake or tremble? Yes No
- Are you constantly keyed up and jittery? Yes No
- Do sudden noises make you jump or shake badly? Yes No
- Do you tremble or feel weak whenever someone shouts at you? Yes No
- Do you become scared at sudden movements or noises at night? Yes No
- Are you often awakened out of your sleep by frightening dreams? Yes No
- Do frightening thoughts keep coming back in your mind? Yes No
- Do you often become suddenly scared for no good reason? Yes No
- Do you often break out in a cold sweat? Yes No