

Welcome to the Hypno Wellness Stress Test Page

This is an extremely useful scientifically based test developed by D. Howard I. Glazer.

It is used extensively in assessing an individual's stress profile and personality type. This will help you to understand your own exposure to the amount of stress you are under at the moment, and some advised courses of action.

To begin the test, please look at the statements listed below and decide how strongly you agree with either the left hand statement or the right hand statement. Number 1 represents complete agreement with the left hand statement, and number 7 represents complete agreement with the right hand statement. Tick the box that seems most appropriate to you for where you feel you belong. The following table might help you decide this. For example, for statement 6, if you think that MOST of the time you are uneasy with waiting, you would tick Box 6 for this.

1 = I agree STRONGLY with the statement on the LEFT hand side.

2 = I agree MOSTLY with the statement on the LEFT hand side.

3 = I agree PARTLY with the statement on the LEFT hand side.

4 = I neither agree nor disagree with EITHER statement.

5 = I agree PARTLY with the statement on the RIGHT hand side.

6 = I agree MOSTLY with the statement on the RIGHT hand side.

7 = I agree STRONGLY with the statement on the RIGHT hand side.

Left-Hand Statement	Score	Right Hand Statement
Doesn't mind leaving things temporarily unfinished	1 2 3 4 5 6 7	Must get things finished once started
Calm and unhurried about appointments	1 2 3 4 5 6 7	Never late for appointments
Not competitive	1 2 3 4 5 6 7	Highly competitive
Listens well, let others finish speaking first	1 2 3 4 5 6 7	Anticipate others in conversations, interrupt finishing their sentences
Never in a hurry, even when pressured	1 2 3 4 5 6 7	Always in a hurry
Able to wait calmly	1 2 3 4 5 6 7	Uneasy when waiting
Relaxed	1 2 3 4 5 6 7	Always going at full speed
Takes one thing at a time	1 2 3 4 5 6 7	Try to do more than one thing at a time. Always thinking what's next?
Slow and deliberate in speech	1 2 3 4 5 6 7	Vigorous and forceful in speech, use a lot of gestures
Concerned with satisfying yourself not others	1 2 3 4 5 6 7	Want recognition from others for a job well done
Slow doing things	1 2 3 4 5 6 7	Fast at doing things (Eating; walking etc)
Easy-going	1 2 3 4 5 6 7	Hard driving
Express feelings openly	1 2 3 4 5 6 7	Hold feeling in
Have a large number of interests	1 2 3 4 5 6 7	Few interests outside work
Satisfied with job	1 2 3 4 5 6 7	Ambitious, wants quick advancement
Never set own deadlines	1 2 3 4 5 6 7	Often set own deadlines
Feel limited responsibility	1 2 3 4 5 6 7	Always feel responsible
Never judge things in terms of quantity, only quality (How many; how much)	1 2 3 4 5 6 7	Always judge things in terms of quantity, never quality
Casual about work	1 2 3 4 5 6 7	Take work very serious
Not very precise	1 2 3 4 5 6 7	Very precise, careful about detail

Please calculate your TOTAL score, and check the table below:

A Score between 0 - 30 indicates a TYPE B PERSONALITY; you are easy-going and cope with stress well - you are unlikely to develop any stress related illness.

A Score between 30 - 59 indicates a MODERATE TYPE B PERSONALITY; you are mostly relaxed and are able to adequately cope with stress.

A Score between 60 - 79 indicates a neither TYPE A nor B PERSONALITY; you are a healthy A/B (or "X" TYPE) mixture of both types, which is healthy. Try and be aware of developing TYPE A behaviour should circumstances change.

A Score between 80 - 108 indicates a TYPE A/A2 PERSONALITY. You are not coping well with stress and may be at risk of developing stress related illnesses such as heart disease. Please consider seeking stress management as soon as possible. A general medical check up is also advisable.

A Score between 109 - 140 indicates a TYPE A/A1 PERSONALITY; You are considered to be in a very high-risk group. This is especially serious if you are over 40, and also smoke and/or use

alcohol. You are at serious risk of developing stress related illnesses, typically cardiac problems.
Please urgently seek a medical consultation along with a stress management/reduction programme.

Please note that results are likely to change over time, so please retest yourself from time to time – especially after a change of circumstances.

IMPORTANT NOTES:

TYPE A personalities are SEVEN times more likely to develop heart disease than TYPE Bs

It IS possible to alter the behavioural patterns of TYPE A's

By modifying behaviour, a TYPE A will reduce the chance of suffering a heart attack by ALMOST HALF.

For more information on “Type A” and “Type B” personality, please click here:

http://en.wikipedia.org/wiki/Type_A_personality

Please remember: If you have any pre-existing medical issues or conditions or if you are unsure of your suitability to hypnotherapy, please consult your GP or medical practitioner before booking your session.