

My personal stress amplifiers

	This thought comes to my head ...	Often	Some- times	never
1	I prefer to do everything by myself.	2	1	0
2	I can't keep it up.	2	1	0
3	It's horrible if things don't go the way I want or planned them.	2	1	0
4	I will fail.	2	1	0
5	I'll never be able to do it.	2	1	0
6	It's not acceptable if I don't get a job done or meet a deadline.	2	1	0
7	I just can't take this pressure (anxiety, pain, etc.).	2	1	0
8	I always have to be there for the company.	2	1	0
9	Problems and difficulties are just terrible.	2	1	0
10	It is important that I have everything under control.	2	1	0
11	I don't want to disappoint the others.	2	1	0
12	There is nothing worse than making mistakes.	2	1	0
13	I have to be 100% reliable.	2	1	0
14	It's terrible when others are mad at me.	2	1	0
15	Strong people don't need help.	2	1	0
16	I want to get along with everyone.	2	1	0
17	It's terrible when others criticize me.	2	1	0
18	If I rely on others, I'll be lost.	2	1	0
19	It's important that everyone likes me.	2	1	0
20	When I make decisions, I have to be 100% sure.	2	1	0
21	I have to constantly think about what could happen.	2	1	0
22	It won't work without me.	2	1	0
23	I always have to do everything right.	2	1	0
24	It's terrible to depend on others.	2	1	0
25	It's horrible if I don't know what's coming.	2	1	0

Evaluation: Your personal stress profile

- (1) Add up the points to thoughts 6, 8, 12, 13 and 23 **Value 1 = _____**
- (2) Add the points to thoughts 11, 14, 16, 17, and 19 **Value 2 = _____**
- (3) Add the points to thoughts 1, 15, 18, 22, and 24 **Value 3 = _____**
- (4) Add the points to thoughts 3, 10, 20, 21, and 25 **Value 4 = _____**
- (5) Add the points to thoughts 2, 4, 5, 7 and 9 **Value 5 = _____**

(6) Transfer the calculated values 1 to 5 in the following graph:

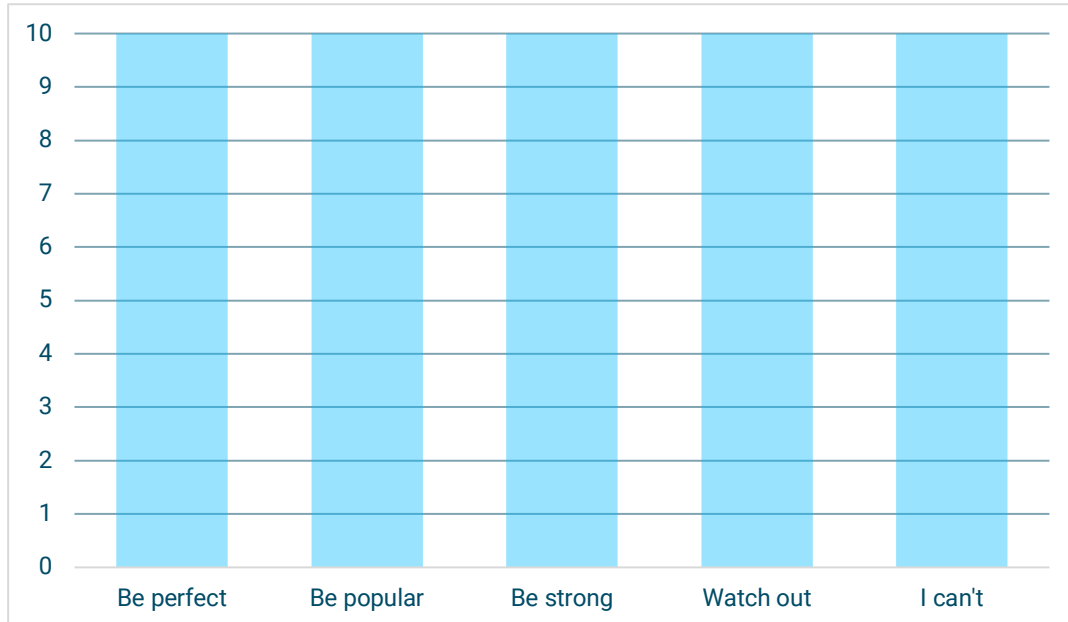
Value 1 = _____ (Be perfect)

Value 2 = _____ (Be popular)

Value 3 = _____ (Be strong)

Value 4 = _____ (Watch out)

Value 5 = _____ (I can't)



The 5 stress amplifiers and what is behind them

1: Be perfect! (Performance)

The stress amplifier consists of a strongly exaggerated desire for success, self-affirmation and recognition by others, which must be achieved through appropriate performance. Associated with this is a pronounced fear of failure and one's own mistakes.

2. Be popular! (Connection)

The stress amplifier consists of a strong desire to belong, to be accepted and to be loved. This leads to fear of rejection, criticism and rejection by others.

3. Be strong! (Autonomy)

The stress amplifier consists in a strong desire for personal independence and self-determination. Accordingly, there is a fear of dependence on others, of one's own need for help, and of weakness.

4. Watch out! (Control)

The stress amplifier consists in a great need for security and control, which results in a pronounced fear of loss of control, wrong decisions and aversion to risks.

5. I can't do it! (Self-protection)

The stress amplifier consists in a strongly exaggerated desire for one's own well-being and a comfortable life. Consequently, fear of unpleasant feelings, of effort, of one's own helplessness and a low frustration tolerance develop.

Based on: Gert Kaluza (2007): Gelassen und sicher im Stress. Das Stresskompetenz-Buch. Heidelberg: Springer