STRESS DIAGNOSTIC WORKSHEET

A practical guide to map, understand, and manage your stress patterns

Understanding Stress

Stress is not the enemy — it's information. It tells you where your energy, expectations, and boundaries are being tested. Some stress is healthy: it sharpens focus, fuels growth, and builds resilience. Other forms drain your energy, trigger fear, and keep you reactive instead of reflective. This worksheet helps you identify the source of stress and how it's affecting you — so you can use stress as fuel, not friction.

HOW TO USE THIS WORKSHEET

1. Complete all steps once for a full life view.

2. Then, use it anytime to analyze one relationship, one project, or one area of your life.

3. Answer honestly — there are no right or wrong responses.

4. Highlight insights that surprise you; they often reveal what needs recalibration.

STEP 1: Identify Key Relationships

List the most important people or groups you interact with regularly. These can be personal or professional.

Besides your spouse or partner, choose up to 2–3 names per category.

Category	Names
Spouse / Partner	
Family (extended)	
Children	
Friends	
Work / Business Colleagues	
Clients / Community	

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STEP 2: Define Your Roles

For each relationship, identify the "hats" you wear — the roles or responsibilities you hold. Examples: mentor, manager, caregiver, problem-solver, organizer, friend.

Name	Relationship	Roles / Hats You Wear

STEP 3: Identify Expectations and Tasks

Choose up to three key relationships from above — preferably from different areas of life. List what you do in each role and the expectations tied to those actions.

Name	Relationship	Roles	Expectations / Tasks	Action (A/R/I)	Emotion (P/I/N)

Action Key

A – Active: I do this regularly or by choice.
R – Reactive: I do this only when required or under pressure.
I – Inactive: I rarely do this or try to avoid it.

Emotion Key

P – Positive: I enjoy it or find it meaningful.
I – Indifferent: It's neutral, routine, or mildly frustrating.
N – Negative: I dislike it, resist it, or feel drained by it.

STEP 4: Decode Your Stress Pattern

Tally your total codes and notice which combinations dominate.

Code	Description	Interpretation
PA	Positive Active	Energizing — keep doing this.
PR	Positive Reactive	Good potential — manage focus.
PI	Positive Inactive	Missed opportunity — re-prioritize.
IA	Indifferent Active	Routine — may need adjustment.
IR	Indifferent Reactive	Low clarity — clarify purpose/delegate.
II	Indifferent Inactive	Unimportant — possibly delegate/eliminate.
NA	Negative Active	Draining — re-negotiate or delegate.
NR	Negative Reactive	Martyrdom — learn to say no.
NI	Negative Inactive	Guilt zone — let it go.

STEP 5: Visualize Your Stress Map

Plot your results on a simple chart or graph (digital or by hand).

Use color to visualize your stress picture:

🟢 Green = Positive Zones (Growth and Flow)
🟡 Gray = Neutral Zones (Routine, Little Impact)
🔴 Red = Negative Zones (Drain or Conflict)

Look for patterns:

Where are most of your red zones?

Which relationships or tasks give you the most green?

 What can be reduced, reframed, or removed?

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STEP 6: Reflect and Reframe

Use the insights from your map to reflect on what needs attention.

Reflection Prompts:
• What do I want more of?
• What do I want less of?
• What can I eliminate or delegate?
• What can I add back into my life that brings energy?
• Which area most needs a boundary or mindset reset?

Write a few sentences for each.

STEP 7: Take Action — Your Stress Reset Plan

Turn insight into change. Create small, practical steps that move you toward balance and resilience.

Focus Area	*Action Step*	*Support / Boundary Needed*	*Target Date*

KEEP USING THIS TOOL

Repeat this process monthly or quarterly to stay aware of your stress patterns.

Growth happens when you recognize stress as a signal — not a sentence.

"Leading yourself well means using stress as fuel, not friction." — Kim Levings

Next Step:
Use the AI Companion Prompts (see below) to turn this worksheet into an interactive coaching tool.

AI PROMPT GUIDE

Use AI as your personal reflection partner to deepen self-awareness and build resilience

How to Use This Guide
Upload your completed Diagnostic to your AI, then, copy one prompt at a time into your favorite AI chat tool (e.g., ChatGPT, Gemini, or CoPilot)

Use these to explore your Stress Diagnostic Worksheet results, gain insight, and design practical resets.

1. **Identify & Understand**
   Prompt 1:
   I want to analyze my current stress levels using the Stress Diagnostic Worksheet. Help me identify which relationships or roles might be creating positive, neutral, or negative stress right now.

   Prompt 2:
   Here's a recent situation that felt stressful. Ask me questions as you need to, and help me decide if this is growth-oriented stress or fear-based stress. [Give AI details of the situation.]

2. **Decode & Reflect**
   Prompt 3:
   These are my stress codes [add your scores by category]*. Help me interpret what this pattern reveals about how I'm spending my energy.*

   Prompt 4:
   Based on my results, help me choose one small daily action that will reduce negative stress and increase positive engagement.

3. **Reframe & Reset**
   Prompt 5:
   Help me reframe this specific source of stress into an opportunity for learning or growth.

   Prompt 6:
   Guide me through a short reflection to identify what I can let go of this week to reduce unnecessary pressure.

4. **Ongoing Check-In**
   Prompt 7:
   Let's do a five-minute stress-reset check-in. Ask me three questions to help me recalibrate today.

   Prompt 8:
   Based on my stress profile, suggest a simple weekly practice—journal, boundary, or mindset habit—to build resilience.

💡 **Tip: Save your favorite AI reflections in a "Stress Reset Journal." Over time you'll see patterns that show how your resilience and self-leadership are growing.**