



Workplace Stress Survey

Adapted from the American Institute of Stress

Enter a number for each response below, depending on where on the scale you would describe yourself:

I strongly disagree	I somewhat disagree	I somewhat agree	I strongly agree
1 2 3	4 5	6 7	8 9 10

1. I don't feel safe expressing my true opinions at work. _____
2. I have a lot of responsibility but not very much authority at work. _____
3. I often wish I had more time to work on the projects assigned to me. _____
4. I don't feel acknowledged or appreciated for my work. _____
5. In general, I don't feel particularly proud or satisfied about my job. _____
6. My job often interferes with my family, social life, and personal needs. _____
7. I have some strained relationships with work colleagues or supervisors. _____
8. My workplace culture makes me feel less confident about my performance. _____
9. I feel I have very little control over my life at work. _____
10. If things don't change, I will experience burnout (feeling "checked out", not caring) in the next 12 months. _____

TOTAL SCORE: _____

If you score between 10-30, you are under mild stress. If you score between 40-60, you are under moderate stress. If you score between 70-100, you are under severe stress and may benefit from professional guidance.

Contact me at <https://litvakexecutivesolutions.com/contact/>.