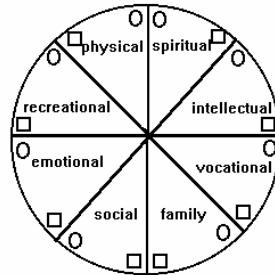




Building Stepfamilies That Work[©]

The Stress Antidote: Finding a Balance

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Instructions:

1. In the area below, rate your current level of satisfaction in each of the eight areas shown above. Use a scale where 1 = low and 10 = high.
2. Next, using the same scale, rate how much satisfaction you would like to have in each of these areas, or how much satisfaction you feel is possible in each of these areas.
3. Then, using the letters A through H, where A is the easiest and H is the hardest, rate each of these eight areas to show how difficult it would be to bring about change.

<i>Area</i>	<i>Current Satisfaction</i> (1= low, 10 = high)	<i>Desired Satisfaction</i> (1= low, 10 = high)	<i>Difficulty in Changing</i> (A= easiest, H= hardest)
Recreational	_____	_____	_____
Physical	_____	_____	_____
Spiritual	_____	_____	_____
Intellectual	_____	_____	_____
Vocational	_____	_____	_____
Family	_____	_____	_____
Social	_____	_____	_____
Emotional	_____	_____	_____

Getting Started: If you prefer to tackle bigger tasks first, consider starting by making changes in or close to area “H”. If you prefer to start with more manageable tasks, consider starting with “A”(or areas close to A).

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