

Self-Scorer for ESMI-i [Abridged]

To score your test: Generate your total score by listing a 1 or a 0 in the blanks in the left-hand column below. Give yourself a 1 if you filled in a bubble in the shaded areas; otherwise give yourself a 0. Count up the 1's and fill in your total score at the bottom of the column. The highest possible score is a 28. If you scored lower than that, you can probably improve your stress-management practices. To focus on specific competencies, complete the four boxes below by circling item numbers for which you received a score of 1. In each box, count the 1's, and fill in the blank with the total. If you scored below the maximum, you may need to strengthen your skills within that competency area.

1. 1 2 3 4 5 _____
2. 1 2 3 4 5 _____
3. 1 2 3 4 5 _____
4. 1 2 3 4 5 _____
5. 1 2 3 4 5 _____
6. 1 2 3 4 5 _____
7. 1 2 3 4 5 _____
8. 1 2 3 4 5 _____
9. 1 2 3 4 5 _____
10. 1 2 3 4 5 _____
11. 1 2 3 4 5 _____
12. 1 2 3 4 5 _____
13. 1 2 3 4 5 _____
14. 1 2 3 4 5 _____
15. 1 2 3 4 5 _____
16. 1 2 3 4 5 _____
17. 1 2 3 4 5 _____
18. 1 2 3 4 5 _____
19. 1 2 3 4 5 _____
20. 1 2 3 4 5 _____
21. 1 2 3 4 5 _____
22. 1 2 3 4 5 _____
23. 1 2 3 4 5 _____
24. 1 2 3 4 5 _____
25. 1 2 3 4 5 _____
26. 1 2 3 4 5 _____
27. 1 2 3 4 5 _____
28. 1 2 3 4 5 _____

TOTAL SCORE _____

1) **Manages or reduces sources of stress.** You routinely manage or reduce sources of stress, both real and possible, in your life.

6	9	10	11	12	13	
18	19	21	22	24		Total 1's: ____ / 11

2) **Practices relaxation techniques.** You regularly practice a variety of relaxation techniques to prevent or relieve stress.

1	2	3	14	15	
16	20	23	26		Total 1's: ____ / 9

3) **Manages his or her thoughts.** You manage your thoughts in order to reduce the likelihood that you will perceive events as threatening.

4	27	28		
				Total 1's: ____ / 3

4) **Plans and analyzes to minimize stress.** You practice self-management techniques, avoid destructive methods of stress management, and take a proactive approach to stress management.

5	7	8	17	25	
					Total 1's: ____ / 5