

What are Your Daily Hassles?

Negative big life events such as losing a job, death of a loved one, and moving to another location can be extremely stressful and can cloud every moment of the day. On the other hand, it is the daily annoying or troublesome concerns that cause enough worry, anxiety, and/or stress to wear people down over time.

Identify your daily hassles below by placing a check mark in front of the hassles that stress you out and then after each one that you check, describe why it is a daily hassle for you.

- Big life events _____
- Crime _____
- Disagreements _____
- Family _____
- Finances _____
- Future concerns _____
- Getting ahead _____
- Gossip _____
- Health _____
- Home maintenance _____
- Interruptions _____
- Job _____
- Loneliness _____
- Losing things _____
- Neighbors _____
- Noise _____
- Past events _____
- Politics _____
- Pollution _____
- Responsibilities _____
- Sleep issues _____
- Social obligations _____
- Thoughtlessness _____
- Time _____
- To-do list _____
- Traffic _____
- Unkindness _____
- Vehicle _____
- Volunteer job _____
- Waiting _____
- Weight _____
- World affairs _____
- Other _____