**Self-Scorer for the EXMI-I Abridged Template-Revised by Vanessa Vassar**

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| **1. Mages 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 number: | 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 number: | 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 number: | 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 |  |
|  | 17 |  |
|  | 25 |  |
|  | Total number: | Total 1’s:\_\_\_/5 |