



NYC Psychotherapist

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"PRE-NUPTIAL STRESS TEST"

This quiz will help you to determine your level of pre-nuptial stress. It is not "diagnostic", but is designed to create awareness. Give each question a number between 0 and 5, 0 for not applicable, 1 rarely, 3 sometimes, 5 always, etc. Print this out and fill in the numbers next to the appropriate questions. Take the test with your partner and talk about the results!

- 1 ___ I have a lot on my mind
- 2 ___ I have difficulty making decisions
- 3 ___ The arrangements are not clear
- 4 ___ I would like more control over the plans
- 5 ___ Too many people to satisfy
- 6 ___ I don't have enough leisure
- 7 ___ There is a great deal of time pressure
- 8 ___ Family divorce creates problems
- 9 ___ Members of my family live in different cities making communication and arrangements complex
- 10 ___ Intermarriage creates tension
- 11 ___ I have difficulty focusing on my tasks
- 12 ___ I have difficulty communicating with florist, caterer, etc.
- 13 ___ I handle most things alone – I get little support
- 14 ___ I have difficulty delegating
- 15 ___ I worry about the cost of it all
- 16 ___ My personal needs are in conflict with my family's demands
- 17 ___ Wedding plans are interfering with my work
- 18 ___ I have concerns about the health of my family
- 19 ___ My expectations are too high

- 20 ___ My life is one crisis after another
- 21 ___ I keep my feelings to myself and rarely express emotions such as fear and anger
- 22 ___ I am often quite fatigued
- 23 ___ People do things often irritate me
- 24 ___ I have frequent headaches (twice a week rates a 5)
- 25 ___ I have muscle tension in my shoulders, neck or back
- 26 ___ I have stomach pains, indigestion or other digestive problems
- 27 ___ I am eating too much or too little
- 28 ___ I have trouble sleeping
- 29 ___ I feel anxiety
- 30 ___ I have difficulty coping with the change in my life

SCORING

<< 30 Congratulations – you'll breeze through Your level of stress is low and everything will probably proceed successfully. Our heartiest best wishes for the future!

31-60 About average – some stress

You're not alone here! Your stress level is about average for the circumstances. It is just that level of stress that will get things done properly.

61-80 Your level of stress suggests that you may need to talk with someone to help you address both your attitude and, perhaps, the logistics required to get to the altar, think seriously about making changes in arrangements and attitude

81 or more Act now to reduce stress! Taking action now is very important for your personal health and happiness. If it's not a therapist you wish to visit, then, at the very least, find that "best man" or "best woman" with whom to share your concerns.