

	almost always	often	seldom	almost never
Do you find yourself with insufficient time to do things you really enjoy?	4	3	2	1
Do you wish you had more support/assistance?	4	3	2	1
Do you lack sufficient time to complete your work most effectively?	4	3	2	1
Do you have difficulty falling asleep because you have too much on your mind?	4	3	2	1
Do you feel people simply expect too much from you?	4	3	2	1
Do you feel overwhelmed?	4	3	2	1
Do you find yourself becoming forgetful or indecisive because you have too much on your mind?	4	3	2	1
Do you consider yourself to be in a high-pressure situation?	4	3	2	1
Do you feel you have too much responsibility for one person?	4	3	2	1
Do you feel exhausted at the end of the day?	4	3	2	1