

Relaxation Assessment

0	1	2	3	4	5
Does not Apply	Never	Seldom	Sometimes	Usually	Always

<i>Check the number that applies</i>	0	1	2	3	4	5
• <i>I am impatient</i>						
• <i>I am excitable</i>						
• <i>I am fearful</i>						
• <i>I let things build up inside</i>						
• <i>I feel overwhelmed</i>						
• <i>I eat quickly or I finish eating before others.</i>						
• <i>"Hurry Up!" is a thought I have</i>						
• <i>I feel irritable</i>						
• <i>I play better when I play by myself</i>						
• <i>When I play with players better than I, I play worse</i>						
• <i>I am nonassertive</i>						
• <i>My movement is quick and my speech is rapid.</i>						
• <i>I play with fear more often than not</i>						
• <i>I am accident prone.</i>						
• <i>I play better after a beer or mixed drink.</i>						
• <i>I feel excited when I arrive at the practice facility.</i>						
	0	1	2	3	4	5
• <i>I feel excited when I arrive to play.</i>						
• <i>I worry / am apprehensive / over-prepare for things</i>						
• <i>My thoughts are on the future</i>						
• <i>The success of others bothers me</i>						
• <i>I don't sleep well before I play</i>						
• <i>I am easily distracted</i>						
• <i>I look at my watch frequently/ I am time oriented</i>						
• <i>I startle easily</i>						
• <i>I get agitated in traffic</i>						
• <i>I worry</i>						
• <i>I have feelings of anxiety</i>						
• <i>I get sick on vacations and / or during holidays</i>						
• <i>I have trouble falling asleep</i>						
• <i>I have irregular bowel habits</i>						
• <i>I have cold hands</i>						
• <i>I have indigestion / nausea / diarrhea / constipation</i>						
• <i>I have headaches / muscle aches</i>						
• <i>I have respiratory infections / colds</i>						
• <i>I have skin problems</i>						