

TEST 1-AT THE BEGINNING

Are you stressed? Or perhaps it's more accurate to ask, "How stressed are you?" Stress is caused by both the external pressures of today's hectic society and internal chemical imbalances within the body. Chances are you are VERY stressed because stress is at epidemic proportions in our society-and you may be experiencing the effects of this widespread problem.

Many people struggle from one day to the next without realizing just how much damage stress is doing to their mental and physical well-being. They simply are unaware of the magnitude of the problem and do not know where to turn for accurate and informed assistance.

This RHODAPTIN™ Rapid Stress Assessment was created by Vern S. Cherewatenko, MD., MEd, based on firsthand experience with thousands of his clinical patients. It's simple, easy, and takes just a few minutes of your time. It is extremely revealing and allows you to take an inventory of the effects of stress in your life. Many of Dr. Vern's patients have commented how they had no idea of the true extent of their stress until they had completed the test.

All you have to do is sit down in a quiet place and honestly rate on a scale of zero to 10 how you currently feel-how much the accompanying behavioral descriptions apply to you. Zero would mean not at all; 10 would mean extremely high. Don't dwell on any of the key words. Circle your assessment as quickly as you can. There are no right or wrong choices-just the best representation of how you are feeling at this point in time. Your initial judgment is likely to be the most accurate!

You should take the test immediately before beginning Dr. Vern's RHODAPTIN Mind & Body Stress Relief System, then after one month, and again after three months to see the improvement you have made by using the system. Dr. Vern recommends the following table to interpret the results. Remember that this represents a scale of the stress in your life at the time you take the assessment. It is an indicator and in no way represents a medical diagnosis. It is designed to help you become aware of the levels of stress in your life before and during use of the RHODAPTIN Mind & Body Stress Relief System.

RHODAPTIN™ Rapid Stress Assessment Interpretation Scale

0 - 200	Low Stress Levels - Coping Skills Usually Adequate
201 - 300	Mild Increased Stress - Coping Ability Challenged
301 - 400	Moderate Stress Levels -Coping Ability Decompensated
401 - 500	High Stress Levels - Coping Ability Very Strained
501 - 600	Severe Stress Levels - Coping Ability Usually Exhausted

Write your total TEST 1 score here: _____

RHODAPTIN™

Rapid Stress Assessment

TEST 1

Date _____

Based on the following scale: Low / None 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Extremely High

frustrated...	0-1-2-3-4-5-6-7-8-9-10	insane...	0-1-2-3-4-5-6-7-8-9-10
worried...	0-1-2-3-4-5-6-7-8-9-10	disappointed...	0-1-2-3-4-5-6-7-8-9-10
anxious...	0-1-2-3-4-5-6-7-8-9-10	overloaded...	0-1-2-3-4-5-6-7-8-9-10
depressed...	0-1-2-3-4-5-6-7-8-9-10	maxed out...	0-1-2-3-4-5-6-7-8-9-10
overly concerned...	0-1-2-3-4-5-6-7-8-9-10	stressed out...	0-1-2-3-4-5-6-7-8-9-10
sad...	0-1-2-3-4-5-6-7-8-9-10	indecisive...	0-1-2-3-4-5-6-7-8-9-10
unappreciated...	0-1-2-3-4-5-6-7-8-9-10	resentful...	0-1-2-3-4-5-6-7-8-9-10
unattractive...	0-1-2-3-4-5-6-7-8-9-10	used up...	0-1-2-3-4-5-6-7-8-9-10
unhappy...	0-1-2-3-4-5-6-7-8-9-10	hostile...	0-1-2-3-4-5-6-7-8-9-10
tired...	0-1-2-3-4-5-6-7-8-9-10	guilt ridden...	0-1-2-3-4-5-6-7-8-9-10
irrational...	0-1-2-3-4-5-6-7-8-9-10	insecure...	0-1-2-3-4-5-6-7-8-9-10
sensitive...	0-1-2-3-4-5-6-7-8-9-10	angry...	0-1-2-3-4-5-6-7-8-9-10
hassled...	0-1-2-3-4-5-6-7-8-9-10	scared...	0-1-2-3-4-5-6-7-8-9-10
overworked...	0-1-2-3-4-5-6-7-8-9-10	bitter...	0-1-2-3-4-5-6-7-8-9-10
negative...	0-1-2-3-4-5-6-7-8-9-10	dismayed...	0-1-2-3-4-5-6-7-8-9-10
overwhelmed...	0-1-2-3-4-5-6-7-8-9-10	not trusting...	0-1-2-3-4-5-6-7-8-9-10
hateful...	0-1-2-3-4-5-6-7-8-9-10	inhibited...	0-1-2-3-4-5-6-7-8-9-10
withdrawn...	0-1-2-3-4-5-6-7-8-9-10	impatient...	0-1-2-3-4-5-6-7-8-9-10
distracted...	0-1-2-3-4-5-6-7-8-9-10	self occupied...	0-1-2-3-4-5-6-7-8-9-10
uninterested...	0-1-2-3-4-5-6-7-8-9-10	paranoid...	0-1-2-3-4-5-6-7-8-9-10
restless...	0-1-2-3-4-5-6-7-8-9-10	confused...	0-1-2-3-4-5-6-7-8-9-10
irritable...	0-1-2-3-4-5-6-7-8-9-10	alienated...	0-1-2-3-4-5-6-7-8-9-10
frightened...	0-1-2-3-4-5-6-7-8-9-10	fatigued...	0-1-2-3-4-5-6-7-8-9-10
sexually disinterested...	0-1-2-3-4-5-6-7-8-9-10	unfocused...	0-1-2-3-4-5-6-7-8-9-10
hormonal...	0-1-2-3-4-5-6-7-8-9-10	obsessive...	0-1-2-3-4-5-6-7-8-9-10
inadequate...	0-1-2-3-4-5-6-7-8-9-10	compulsive...	0-1-2-3-4-5-6-7-8-9-10
overly emotional...	0-1-2-3-4-5-6-7-8-9-10	afraid...	0-1-2-3-4-5-6-7-8-9-10
exhausted...	0-1-2-3-4-5-6-7-8-9-10	bored...	0-1-2-3-4-5-6-7-8-9-10
out of control...	0-1-2-3-4-5-6-7-8-9-10	misunderstood...	0-1-2-3-4-5-6-7-8-9-10
crazy...	0-1-2-3-4-5-6-7-8-9-10	lost...	0-1-2-3-4-5-6-7-8-9-10

Disclaimer: This is a self-evaluation test. It is not meant to take the place of professional therapy or medical treatment. Its goal is to provide insight into aspects of stress on your emotional and physical life that may need attention.