

Personal Concerns Inventory

The Personal Concerns Inventory is a way to identify those things that create stress in your life. To use, for each day of the week, check those items that you consider to be stressful. It is helpful to grade each stressor on a scale of 0 to 10, with 0 being no stress and 10 being the most stressful. Repeat the PCI three weeks in a row to get a clear idea of what creates stress in your life.

Day	1	2	3	4	5	6	7		1	2	3	4	5	6	7
Need more recreation								Financial difficulties							
Noise at home								Sleeping problems							
Noise at work								Need to relax							
Desire more social life								Chest pain							
Trouble with employer								Need for exercise							
Problems with children								Need friends							
Need to be assertive								Nervousness							
Recent death in family								Sex difficulties							
High blood pressure								More time for myself							
Conflicts with relatives								Deadlines on job							
Poor eating habits								Depression							
Short temper								Can't say no							
Freeway traffic								Ulcers							
Cigarette smoking								Loneliness							
Feel guilty								General unhappiness							
Back pain								More self discipline							
Alcohol (self)															
Alcohol (other)															
Jealousy															
Pill consumption															
Boredom															
Tension															
Worry too much															
Medical bills															
Need job															
Divorce															
Separation															
Dislike job															
Continued physical pain															
Job security															
Unexpressed anger															
Headaches															