

Completed by: _____ Title: _____

Date completed: _____

Objective Stressors Checklist

Rationale

Research has indicated that there are two types of stress: (1) Objective Stress (A specific list of actual events, or conditions that puts pressure, or expectation on someone); and (2) Subjective Stress (The amount of tension that is created by the objective stressors based on the attitudes and inner strength within the person experiencing the objective stress).

Research has identified that the quantity of objective stressors is a distinguishing factor in identifying individuals and families at risk for continuation of problematic behaviors. Obtaining an inventory of the real stressors being experienced by the child provides critical information on inhibitors of future success.

By reviewing stressors (serious trauma, life changing events, macro system stressors, daily hassles, nonevents, chronic stressors) in this way, treatment providers can look at the perceived stress from these stressors, helping the child/teen with the attitudes that make the stress worse and providing coping skills.

The Checklist

Objective Stressors Categories	Identified Stressor	
Macro System Stressors: These are the more global system stressors that a family is under.	1. Limited financial resources	Yes / No
	2. Lack of social supports	Yes / No
	3. Poor housing	Yes / No
	4. Unemployment	Yes / No
	5. Legal difficulties	Yes / No
Serious Traumas: These are events that cause emotional distress.	1. Abuse	Yes / No
	2. Death of a relative	Yes / No
	3. Significant personal loss	Yes / No
	4. Other	Yes / No
Life Changing Events: These are life events that require adjustment (whether positive, or negative).	1. New living environment	Yes / No
	2. New family members	Yes / No
	3. New partner	Yes / No
	4. New job	Yes / No
	5. New school	Yes / No
	6. New legal wardship status	Yes / No
	7. Other	Yes / No
Daily Hassles: These events are daily stressors that build towards placing stress on an individual.	1. Change of wardship	Yes / No
	2. School issues	Yes / No
	3. Aggression within peer group	Yes / No
	4. New agency worker	Yes / No
	5. Neighborhood issues	Yes / No
	6. Other	Yes / No
Nonevents: These are events that have an individual waiting for something that never occurs.	1. Waiting for family to change	Yes / No
	2. Waiting for a successful relationship	Yes / No
	3. Waiting for a new job	Yes / No
	4. Wanting to restart life	Yes / No
	5. Other	Yes / No
Total: The total number of stressors identified for the individual.		

Clients Name: _____

Date: _____