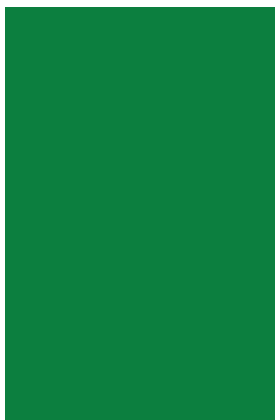


STRESS TEST PART ONE:

Study the blocks of colours below then number them in order of preference, the colour you like the most (not for your clothing, colour of car or room decoration) but just which appeals to you the most as number 1, then your second favourite as number 2 and so on till you give 8 to the colour you like the least.



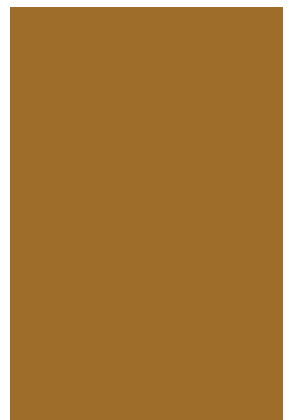
A



B



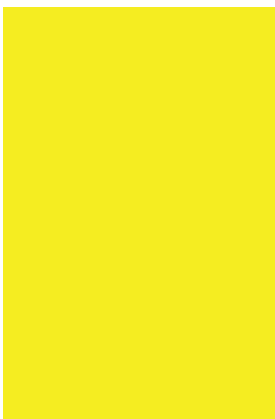
C



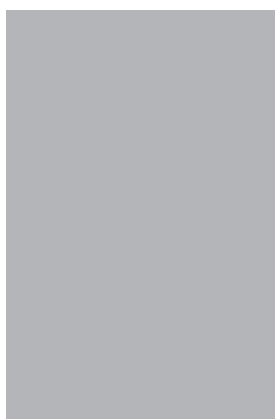
D



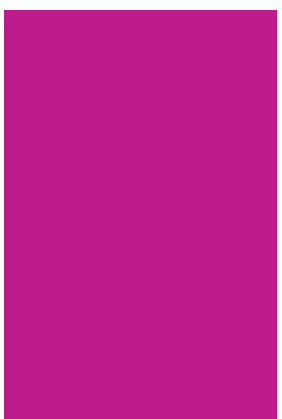
E



F



G



H

Your ranking: 1 2 3 4 5 6 7 8

RECORD YOUR SCORE FOR EACH COLOUR USING THE TABLE BELOW:

E.g. If 1st choice is E record YOUR SCORE as 3.

	A	B	C	D	E	F	G	H	YOUR SCORE
1	0	0	0	0	3	0	3	0	<input type="text"/>
2	0	0	0	0	2	0	2	0	<input type="text"/>
3	0	0	0	0	1	0	1	0	<input type="text"/>
4	0	0	0	0	0	0	0	0	<input type="text"/>
5	0	0	0	0	0	0	0	0	<input type="text"/>
6	1	1	1	1	0	1	0	1	<input type="text"/>
7	2	2	2	2	0	2	0	2	<input type="text"/>
8	3	3	3	3	0	3	0	3	<input type="text"/>

TOTAL SCORE

WHAT STRESS LEVEL DOES YOUR TOTAL SCORE INDICATE? SEE BELOW:

Highest stress level	11
Very high stress level	10 to 9
High stress level	8 to 7
High/moderate stress level	6 to 5
Moderate stress level	4 to 3
Moderate/low stress level	2
Low stress level	1