

# Cross-Cultural Worker Stress Inventory

Karen Carr, 2011

Rate your frequency of feeling stressed by each of these aspects of cross-cultural life using a scale of 1-5. A higher number indicates that you are feeling very stressed in this part of your life. A lower number indicates that this is not an area of stress for you right now *or* you have found ways of coping that are decreasing your feelings of stress.

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1 – Hardly Ever   2 – Seldom   3 – Sometimes   4 – Often   5 – Frequently

## Ministry

- \_\_\_ Expectations from others
- \_\_\_ Expectations from myself
- \_\_\_ Ability to set priorities
- \_\_\_ Sense of making a difference
- \_\_\_ Ability to meet my goals
- \_\_\_ Financial support

**Total Ministry score:** \_\_\_

## Emotional

- \_\_\_ Disappointment and frustrations
- \_\_\_ Hurts and betrayal
- \_\_\_ Angry feelings
- \_\_\_ Fears and anxieties
- \_\_\_ Feeling lack of joy and happiness
- \_\_\_ Loss of sense of humor

**Total Emotional Score** \_\_\_

## Spiritual

- \_\_\_ Relationship with God
- \_\_\_ Prayer time
- \_\_\_ Time in the Word
- \_\_\_ Accountability
- \_\_\_ Fellowship
- \_\_\_ Spiritual growth

**Total Spiritual score:** \_\_\_

## Environmental

- \_\_\_ Climate
- \_\_\_ Traffic
- \_\_\_ Infrastructure (power/water/email)
- \_\_\_ Dangers/Instability
- \_\_\_ Oppression: socio-political/spiritual
- \_\_\_ Corruption

**Total Environmental Score** \_\_\_

## Relational

- \_\_\_ Marriage/Housemate relationships
- \_\_\_ Relationships with family
- \_\_\_ Relationships with friends
- \_\_\_ Relationships with leadership
- \_\_\_ Relationships with co-workers
- \_\_\_ Relationships with host culture

**Total Relational Score:** \_\_\_

## Trauma

- \_\_\_ Human induced violent trauma
- \_\_\_ Threat of harm
- \_\_\_ Accidents
- \_\_\_ Deaths
- \_\_\_ Natural Disasters
- \_\_\_ Loss

**Total Trauma Score** \_\_\_

**Cross-Cultural**

- Cultural values differences
- Language
- Feeling lonely
- Cross cultural expectations
- Feel judgmental/critical of culture
- Gender differences

**Total Cross-Cultural Score** \_\_\_\_

**Health**

- Physical well-being
- Emotional well-being
- Mental well-being
- Sexual well-being
- Sleep
- Time for rest

**Total Health Score** \_\_\_\_

**Developmental/Transition**

- Children: education, adjustment
- Aging process (self or parents)
- Change in role
- Change in location
- Change of support system
- Retirement

**Total Developmental/Transition Score** \_\_\_\_

**Summary of Scores and Next Steps:**

1. Write the categories and their total scores in order of the highest score (indicating the most stressful area) to the lowest score (indicating the least stressful area).

Category	Total Score for Category
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	

- 2. Look back over the inventory and notice those items where you have given a score of 1 or 2– these are areas of low stress and are worth noting!**
  
- 3. Write all the individual items that you gave scores of 4 or 5 (indicating that these are areas of high stress and you have not been coping well with them).**
  
- 4. Identify ways that you can use your strengths and coping resources to begin to address your areas of greatest concern. List current supports that can help you with these stressors.**
  
- 5. Write 3-4 specific action steps you can take in the next couple of weeks.**

Note: This inventory is only meant to be used as a tool to stimulate reflection and discussion about sources of cross cultural stress and means of coping. It has not been subjected to validation studies and the scores should not be used as a basis for clinical decision making. For information about an inventory which has been developed after extensive research see [www.cernysmith.com](http://www.cernysmith.com).