



---

## WORK TRANSITION STRESS TEST

Making a work transition can be a daunting task for anyone to take on. Whether you hate your job and are looking for a way out, or you got laid off and there simply isn't a demand for your career anymore, you may be needing a transition. However, many things can keep this from happening. A variety of stresses often hinder people from making a smooth transition into a new career. The following is a test where you use a rating system to pinpoint stresses in your transition. Rate each item according to how negatively you feel toward it. 1. Always 2. Often 3. Sometimes 4. Seldom 5. Never

\_\_\_ 1. I get easily distracted by other priorities or projects \_\_\_ 2. I do not keep a convenient, quiet and organized place where I can make phone calls and do other transition-related activities \_\_\_ 3. I feel uncertain about how to successfully write a business plan for a new company, conduct a job search successfully or redesign my current job. \_\_\_ 4. I often get interrupted or distracted by other people while working. \_\_\_ 5. I do not actively network within my field, and do not have good interview skills. \_\_\_ 6. I constantly have a fear of failure. \_\_\_ 7. I feel angry and embarrassed about the transition time I'm facing. \_\_\_ 8. I do not enjoy time off when I have it. \_\_\_ 9. I have a constant feeling of being overwhelmed by all that needs to get accomplished. \_\_\_ 10. I despise attending support and networking meetings within my field, so I choose not to attend. \_\_\_ 11. I feel intimidated by calling strangers for information regarding job/business/career opportunities that are available, so I don't call. \_\_\_ 12. I work hard all day to complete this transition, but nothing ever seems to get accomplished. \_\_\_ 13. I constantly change my mind about what direction I want to take regarding my career decisions. \_\_\_ 14. I feel confused about my personal interests and how that relates to my career opportunities. \_\_\_ 15. I have no idea what is the next step to take. \_\_\_ 16. I feel the tendency to procrastinate the things I know I need to accomplish. \_\_\_ 17. I cannot find anything that truly sparks a passion inside of me. \_\_\_ 18. I have the nagging feeling that I should be completed with this transition by now. \_\_\_ 19. I do not have the same level of energy and passion as I used to. \_\_\_ 20. I do not have a constant stream of support from colleagues, friends or even family members to help me during this time of transition. Items that you marked as a 1 or 2 need your attention right away. It is likely what is stopping you from making a successful transition.

<https://blog.granted.com/>