

**Some helpful questions to keep in mind as you conduct your “Family Stress Test”**

1. What stands out as requiring your attention, reflection, consultation, and action?
2. What is it like for you going through this?
3. What strengths do you want to build on?
4. What weaknesses do you want to change?
5. What resources or means can you activate to take these actions?

**FAMILY STRESS & ENERGY TEST**

*Our family doctor generally (1) gives us a physical examination, (2) asks us how we feel, (3) will send for blood and urine analysis, (4) may send us for X-ray or other imaging, and will examine our functions and look for obstructions.*

1. Physical exam: how about my / our vital signs, sleep, rest, exercise, diet, and recreation?
2. How do I / we feel of late? The interior environment or weather: feelings, attitudes, states, stresses...
3. Equilibrium analysis – how am I balancing: God, self, relationships, work, play, needs, obligations...
4. How am I / are we managing? Marriage, Family, Love, Faith, Trust in God, Mercy, Forgiveness, Joy
5. Parenting issues:
6. Work issues:
7. Issues with earning a living family wage:
8. Lifestyle issues: anything out of sync with the Lord’s ways?