

# QUESTIONNAIRES OF WORK

We have devised the following questionnaire to assist you in determining whether you are working in your Green, Yellow or Red Zone. Completing it will be the first step in allowing you to be more aware of your emotional zones at work. Your answers will highlight for you where you can begin to address your concerns at work.

Select your answer for each question.

**Please Note:** Your Answers will ONLY be used for research purposes. Your Personal Information is NOT Required.

Q.NO	Questions	Not Agree (No) Mark 1	Somewhat Mark 3	Strongly agree(Yes) Mark 5
1.	Do you enjoy the type of work you do?			
2.	Do you feel stimulated / challenged at work?			
3.	Does your job allow you to express your best qualities?			
4.	Do you feel your partner feels free to be his/her natural self in your company?			
5.	Do you enjoy walking / driving to work?			
6.	Do you like the physical environment you work in?			
7.	Do you express your affection and love freely and spontaneously?			
8.	Do you like working with your co-workers?			
9.	Do you like working with your manager / administration?			
10.	Do you feel respected at work?			
11.	Do you feel appreciated at work?			
12.	Is your workload manageable?			
13.	Do you take breaks during the day / week to re-energize yourself?			
14.	Do you take vacation time each year?			
15.	Can you express your concerns at work?			
16.	Can you resolve conflicts at work?			
17.	Are your interactions with your co-workers respectful?			
18.	Can you take sick leave, annual leave, etc. without feeling guilty?			
19.	If needed would you be able to get extended leave, like disability?			
20.	Do you have the independence and authority needed to do your work?			
21.	Would you be willing to get professional help to cope with stress at work?			
22.	Do you take work at home			
23.	Do you feel that you are working harder and getting less done?			

24.	Do you feel tired at the end of the workday / week?			
25.	Do your breaks take most of your time off to recuperate from work demands?			
26.	Do you feel you have lost some of your concern / caring for your customers?			
27.	Do you have physical symptoms (headache, backache, chest pain) related to stress at work?			
28.	Are you irritable with your co-workers, family or friends because of work tension?			
29.	Does your work and family lives conflict with each other?			
30.	Are you uncertain because of threatened layoffs or changes in your workplace?			
31.	What Zone do you mostly live in outside work?	Red(1)	Yellow (3)	Green(5)

- **Interpret** your totals for each area of competency using the following guide.

<b>If score is between 92 to 155</b>	You are in good healthy work environment
<b>If score is between 32-93</b>	You need to discuss with your boss and colleagues about your problems
<b>If Score is between 1-31</b>	You must seek the professional help for healthy working environment.