

"Stress Scale"



Excerpt from Murray's talk at The Lung Association on May 26, 2001

Goldsmith's Stress Scale and what it can do for you.




The last resort is you!

This is how you can create a very useful and valuable powerful tool. It will help you to evaluate your beliefs and topple over the negative barriers that are holding you back from truly achieving the success you desire and deserve in each and every area of your life. It's called the "**Stress Scale**".

I want you to imagine... A gauge... A scale that starts at the bottom at "0", and is numbered, 1 2 3 etc., with "10" at the top of the scale..

Everything above the "5" is negative and everything below the "5" is positive. That means, the lowest amount of stress you can have is at the bottom of the scale and the highest amount of stress is at the top. Some examples would be...Nothing is going right today! Two people having an  argument, yelling, screaming and not listening to each other. That would be  an "8".

Above a "5" is where you have fears, worries, anxieties and everything around you is negative. In other words, when you are above a "5" on the stress scale, nothing positive is going on and more than likely, you don't even like yourself. The higher you go up the stress scale, the worse things get and the more you get down on yourself.

On the lower part of the scale, some examples would be...Generally having a good day. Getting things  done. Two people having a romantic candlelight dinner, good conversation,  a good book or a good movie. That would be a "3" on the stress scale. In  other words, below a "5" on the stress scale, nothing negative is happening. Below a "5" is...Where we find positive solutions to our problems. Those are the times when we wake up feeling great and look forward to having a wonderful day. You feel good about yourself.

Now, close your eyes and imagine where you are on the stress scale. Pick a number on that scale of where you think you are at this moment. Are you on the negative side or the positive side? With the knowledge you now have about the stress scale, you can tell where you are on the scale at any given time.

Ask yourself this question...If your best friend or someone you cared about really needed your help, could you get yourself from an "8" to a "3" in order to help them?

Yes, you have the ability to lower your stress level when you need to, if you treat yourself as a very important person, being your own best friend. That's where you'll find all the positive answers.

The last resort is you!!!



Murray