Daily Hassles Checklist

Daily hassles are the small daily stresses of everyday life that can add up if they occur over time. Examples of daily hassles include dealing with long bus rides, working with unpleasant or critical people, having conflicts with family members or close friends, living or working in a noisy chaotic place, and being rushed to do things.

The following checklist will help you evaluate how many daily hassles you are dealing with:

Daily Hassles Checklist
Place a check mark next to each event that you have experienced in the past week:

___ not enough money to take care of necessities
___ not enough money to spend on leisure
___ crowded living situation
___ crowded public transportation
___ long drives or traffic back ups
___ feeling rushed at home
___ feeling rushed at work
___ arguments at home
___ arguments at work
___ doing business at work with unpleasant people
___ noisy situation at home
___ noisy situation at work
___ not enough privacy at home
___ minor medical problems
___ lack of order or cleanliness at home
___ lack of order or cleanliness at work
___ unpleasant chores at home
___ unpleasant chores at work
___ living in a dangerous neighborhood
___ other: ____________________________

___ Total number of hassles in the past week
moderate stress =1 or 2 daily hassles
high stress = 3-6 daily hassles
very high stress = more than 6 daily hassles

Adapted from SAMHSA Illness Management and Recovery Workbook