

2.1. STRESS AND SATISFACTION FORM

Please estimate, in %, how your total time at work is distributed between the four categories listed below.

A. EXCITEMENT

1. Estimate % of time stressed and satisfied:

2. Sample task or service:

getting something passed by congress
community meetings

Percent:

60%

B. COMFORT

1. Estimate % of time not stressed and satisfied:

2. Sample task or service:

meeting with staff
helping an individual

Percent:

25%

C. DISCOMFORT

1. Estimate % of time stressed and dissatisfied:

2. Sample task or service:

political barriers to overcome
political opposition

Percent:

10%

D. BOREDOM

1. Estimate % of time not stressed and dissatisfied:

2. Sample task or service:

Signing Certifications
reviewing personnel requests

Percent:

.5%

TOTAL

100%