

## 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

Percent:

1. Estimate % of time stressed and satisfied:

2. Sample task or service:

getting something passed by congress  
community meetings

60%

### B. COMFORT

Percent:

1. Estimate % of time not stressed and satisfied:

2. Sample task or service:

meeting with staff  
helping an individual

25%

### C. DISCOMFORT

Percent:

1. Estimate % of time stressed and dissatisfied:

2. Sample task or service:

political barriers to overcome  
political opposition

10%

### D. BOREDOM

Percent:

1. Estimate % of time not stressed and dissatisfied:

2. Sample task or service:

Signing Certifications  
reviewing personnel requests

.5%

TOTAL

100 %