

McConochie Generic Battery (McGB) – Emotional Stress Tolerance

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Name: (last) _____, (first) _____

Age: _____ Gender: Male or Female (circle one)

Please answer the following statements to indicate your usual work behaviors and preferences on a scale of 1 to 5, one being strongly disagreeing and five being strongly agreeing with the statement.

1 Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly Agree
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- 1 2 3 4 5 1. I usually ask for advice before making decisions about my job.
- 1 2 3 4 5 2. Sometimes I lack confidence that I will do things well enough to please my boss.
- 1 2 3 4 5 3. I have a harder time than others recovering from setbacks.
- 1 2 3 4 5 4. I love my life these days.
- 1 2 3 4 5 5. I tend to feel guilty about mistakes I might have made on a job.
- 1 2 3 4 5 6. I seem to have worse luck than others.
- 1 2 3 4 5 7. Some days I have much difficulty keeping focused on work tasks.
- 1 2 3 4 5 8. I often wonder if I should be doing better at my job than I am.
- 1 2 3 4 5 9. I prefer jobs where other people will rarely be mad at me.
- 1 2 3 4 5 10. I would rather not have to represent my work section in voicing complaints to my supervisor.
- 1 2 3 4 5 11. I usually feel comfortable even when work situations are changing a lot.
- 1 2 3 4 5 12. I think more than most people do about things that could go wrong.
- 1 2 3 4 5 13. I sometimes doubt that I will ever be quite as good a worker as my employer would like.
- 1 2 3 4 5 14. I seem to be slow to give myself credit for work I do well.
- 1 2 3 4 5 15. I tend to feel worried more than most workers about whether I've done my full share of work.
- 1 2 3 4 5 16. I have much difficulty getting anything done when feeling tired and tense.
- 1 2 3 4 5 17. I prefer tasks where I will seldom risk embarrassment.

- 1 2 3 4 5 **18.** I feel more comfortable when I have too much to do rather than too little to do.
- 1 2 3 4 5 **19.** I prefer duties where I won't have to risk my feelings being hurt.
- 1 2 3 4 5 **20.** I think I need to be a little happier on the job so I don't irritate other workers.
- 1 2 3 4 5 **21.** I prefer duties that require much self-confidence for success.
- 1 2 3 4 5 **22.** I prefer assignments where I can get assistance easily and often.
- 1 2 3 4 5 **23.** I prefer not to laugh and joke around when on the job.
- 1 2 3 4 5 **24.** I prefer jobs where people don't watch my performance every day.
- 1 2 3 4 5 **25.** I prefer jobs in which I can succeed without having to compete with fellow workers.
- 1 2 3 4 5 **26.** I am easily discouraged when everyone around me is complaining.
- 1 2 3 4 5 **27.** I prefer jobs that won't cause me to worry about whether I've hurt other persons' feelings.
- 1 2 3 4 5 **28.** I am comfortable talking about my feelings to resolve occasional conflicts with other workers.
- 1 2 3 4 5 **29.** I am more sensitive, emotionally, than most people I know.
- 1 2 3 4 5 **30.** I believe it is more important for business managers to be kind and understanding to their employees than smart and hardworking.

Now, please check to make sure you have answered every item with only one number clearly circled (don't put circles between numbers).

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