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| (189) | Offenders’ stress |

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|  | Offenders’ stress | | | | |
|  | Please circle your situation over the past week. | Never | Sometimes | Often | Almost always |
| 1. | I found it hard to wind down | 0 | 1 | 2 | 3 |
| 2. | I tended to over-react to situations | 0 | 1 | 2 | 3 |
| 3. | I felt that I was using a lot of nervous energy | 0 | 1 | 2 | 3 |
| 4. | I found myself getting agitated | 0 | 1 | 2 | 3 |
| 5 | I found it difficult to relax | 0 | 1 | 2 | 3 |
| 6 | I was intolerant of anything that kept me from getting on with what I was  doing | 0 | 1 | 2 | 3 |
| 7 | I felt that I was rather touchy | 0 | 1 | 2 | 3 |