# Stressmapper Report for

## Example Stress Report

**Worksheet Date: 2026-09-17**

# [CONFIDENTIAL]

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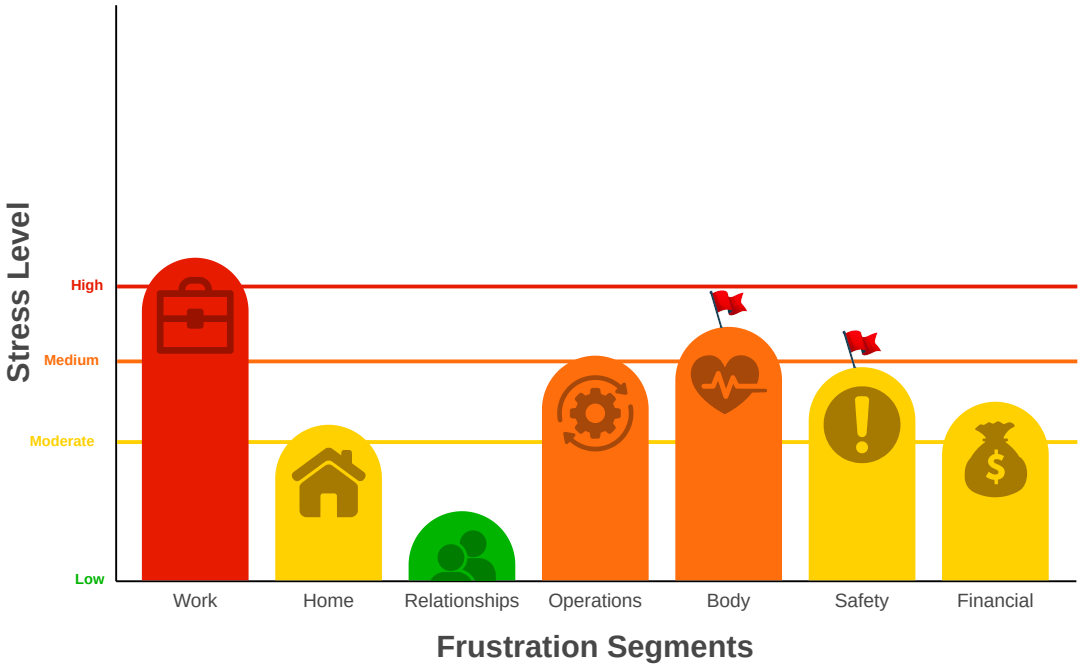
# Your Frustrations







## This is your Primary Frustration Analysis

Where the graph is low and **green** (lowest portion of the graph), the system could not find reasons for frustrations to build up beyond reasonable levels. In other words, in the green areas, you have a low risk for stress and these areas can be used as places where you can reduce your frustrations.

The **yellow** color areas (second lowest portion of the graph) are where you have a build-up of accumulating frustrations. These areas are not yet stress-saturated, but they could become areas of concern. Be aware of it and work towards turning those themes or life segments into green areas if possible.

The **orange** part (second highest part on the graph) is a transition status. This indicates that your frustrations in these life segments are already present as moments of stress. This is the area that warns us that frustrations are becoming stress in our lives.

The **red** (highest portion of the graph) indicates the risk that the frustrations in this life segment have increased such that your quality of life could be compromised as a result. Keep in mind that the only problem in life is when you don't have a plan to deal with a problem. There is a plan for every problem. This report will come back to this at the end. The essence is that we want to help you bring this down to more manageable levels.



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## Understanding Stress

Before you read your report, please make a mental note of the fact that stress doesn't work the same for all people. Some people stress with very little reason, and some people don't stress despite many valid reasons to be stressed. This report tells you how much reason you have to be stressed. In most instances, people experience their stress to be in line with the reasons they have to be stressed. There is, however, another scenario. Some individuals have become so used to living and dealing with stress that they are not fully aware of the intensity of their stress levels. In short, this report tells you how much reason there is for stress in your life and in which segments of your life these reasons for the build-up of stress accumulate.



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## Frustration Segments

Herewith the eight frustration segments that define the different areas in our lives where we tend to run into challenges that make our lives good or miserable.

### 1. Successful Career or Business

This content is not available on the example report

### 2. Happy Home and Living Space

This content is not available on the example report

### 3. Good Relationships

Meaningful connections with friends, family, and colleagues are key fundamentals to our wellbeing. Our habits are the foundational components of the way we live in relationships. Positive interactions with others not only enhance our resilience but also contribute to our sense of belonging and support networks. The way we experience our relationships is a critical component of our sense of fulfillment and meaning in life. This is one of the most important building blocks for a happy and meaningful life.

Your Relationship Segment is **green**. This is good. Work hard on your relationships to keep them positive and be very thankful for the fact that this life segment is in good space. Well done for the role you've played in building such positive, strong and meaningful relationships.



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## 4. Meaningful Life Routines/Operations

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## 5. Healthy Body

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## 6. Personal Safety

This content is not available on the example report



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### 7. Personal Finances

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### 8. Your Overall Frustration Indicator

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## Life Red Flags

Shadowmatch has identified some red flags in your life. Before we go into the detail, please note that a red flag is not a crisis. In this report, Shadowmatch works with the concept that the only problem in life is when you don't have a plan to deal with whatever challenge you face. Herewith the list of red flags. With each red flag Shadowmatch provides a soft plan to help you think about your own unique plan to deal with each red flag.

### Personal Safety

Your experience of being unsafe is a challenge. Your starting point is to discuss this with someone who cares for you and put a plan together that will change this experience. Alternatively, get out of the places, spaces, situations and relationships that causes you to live in fear.

### Health

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## Something About Coaching

This report often refers to Shadowmatch coaches as a support network for people who would like to optimize their lives, deal with challenges in a structured and meaningful way, and build stronger habits for specific purposes. If you have a coach, then use that coach to take you through a Shadowmatch coaching program. If you don't know a Shadowmatch coach then go to https://www.shadowmatchcoaches.com and decide which one you like based on the information they publish about themselves and make contact with the one you feel most comfortable with.

It is absolutely critical to know this: if any of the above makes it impossible or very difficult for you to do all the normal things in life like to: go to work, be productive, look after yourself (and if you have a family look after them), relate to people in a predominantly positive way, sleep well, and follow a relatively healthy diet - please see a medical doctor as a first starting point of recovery. But, if you can do all the above, but you want to do it better - a Shadowmatch coach is the way to go.

## A Final Word

This report is in line with the Shadowmatch drive: success for all. The Shadowmatch team builds systems to build success for all. We want everybody to reach their highest potential. But Shadowmatch is not a system that works with shortcuts and easy one-day solutions towards building an optimal life. Shadowmatch works with the principle that success is a process. It takes time and there is some effort involved. Nobody has been successful by doing nothing. This is the Shadowmatch call: do something small every day that builds a better life - and in six months you will not believe how much you have achieved. The Shadowmatch team wishes you all the success on your journey of life.



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