



Stress Test For Your Cat

Circle the number that best fits your cat. Poor = 1 Fair = 2 Good = 3 Very Good = 4 Excellent = 5

1	Cat is comfortable with all noises/sounds	1	2	3	4	5
2	Cat is comfortable around all men	1	2	3	4	5
3	Cat is comfortable around toddlers/babies	1	2	3	4	5
4	Cat comes out to visit when strangers come over	1	2	3	4	5
5	Cat loves attention from strangers	1	2	3	4	5
6	Cat is comfortable being touched all over	1	2	3	4	5
7	Cat is comfortable around other cats	1	2	3	4	5
8	Cat is comfortable around other animals	1	2	3	4	5
9	Cat is comfortable being left with someone he/she knows	1	2	3	4	5
10	Cat has not changed homes in the last six months	1	2	3	4	5
11	Cat always eats his/her meals, even when you are on vacation	1	2	3	4	5
12	Cat has never eliminated on human items such as clothing or bed	1	2	3	4	5
13	Cat has never been punished with squirt bottle, shaker can or physical punishments	1	2	3	4	5
14	Cat never hides and has to be removed to get him or her out of the hiding place	1	2	3	4	5
15	Cat allows touching from strangers	1	2	3	4	5
16	Cat never meows for attention	1	2	3	4	5
17	Cat is never allowed outside	1	2	3	4	5
18	Cat rarely shows signs of stress via excess grooming, scratching or scent marking	1	2	3	4	5
19	Cat never hisses or growls at people	1	2	3	4	5
20	Cat eats food without high-grain content	1	2	3	4	5
21	Cat has only lived in one household	1	2	3	4	5
22	Cat has regular veterinary health checks	1	2	3	4	5
23	Cat receives daily mental exercise or enrichments	1	2	3	4	5
24	Cat is provided with fresh filtered or bottled water daily	1	2	3	4	5

Answers:

Mostly 1-2's Needs a stress reduction program

Mostly 3-4's Not too bad, but there are always ways to improve.

Mostly 2-3's Could use some behavior modification on the troubled areas

Mostly 4-5's Good for you for having a relaxed cat!