

## Insight Quiz

**“How well do you know your thoughts and feelings?”**

Here is a **self-discovery quiz** designed to help you explore your **level of cognitive and emotional insight**—the ability to reflect on their thoughts, feelings, motivations, and behaviour patterns with clarity and honesty. This quiz is for gentle self-exploration and is not meant to be used as a diagnostic tool.

**Instructions:** For each statement, rate how true it feels for you **most of the time**, using the following scale:

- **1 = Not at all true**
  - **2 = Rarely true**
  - **3 = Sometimes true**
  - **4 = Often true**
  - **5 = Very true**
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### Cognitive Insight (Self-Reflection & Mental Flexibility)

1. I can recognize when my thinking is distorted or biased.
2. I regularly reflect on why I reacted a certain way in a situation.
3. I am open to changing my opinions when presented with new information.
4. I can observe my thoughts without immediately reacting to them.
5. I try to understand how my past experiences influence my current decisions.

**Cognitive Insight Score:** \_\_\_\_ / 25

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### Emotional Insight (Self-Awareness & Emotional Understanding)

6. I can identify and name what I'm feeling in the moment.
7. I understand how my emotions influence my behaviour.
8. I can sit with uncomfortable emotions without pushing them away.
9. I recognize patterns in my emotional reactions over time.
10. I am aware of how my mood affects the way I relate to others.

**Emotional Insight Score:** \_\_\_\_ / 25

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## Integration & Growth Orientation

11. I seek to understand myself, even when it's uncomfortable.
12. I'm aware of both my strengths and my blind spots.
13. I welcome feedback as a tool for growth, even if it's hard to hear.
14. I take responsibility for my part in difficult situations.
15. I notice when I'm avoiding self-reflection or uncomfortable truths.

Integration & Growth Score: \_\_\_\_ / 25

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## Scoring Guide

Add up your scores for each section and then your total score out of **75**.

Score Range	Insight Level
60–75	High insight – Strong self-awareness and reflection capacity
45–59	Moderate insight – Aware but still developing depth or consistency
30–44	Emerging insight – Beginning to reflect, may avoid or miss patterns
15–29	Limited insight – Likely unaware of deeper thoughts or emotions

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## Reflection:

Choose one or two items you scored **lowest** on and reflect:

- Why might this area be more difficult for me?
- What small step could I take to become more aware in this area?
- How might increasing insight here positively affect my life or relationships?