

Emotional Difficulties Quiz

“Where are your areas of emotion dysregulation?”

Here's a self-discovery quiz to help you explore and identify potential emotional difficulties. It's not a clinical diagnostic tool but can improve your understanding of your emotional patterns. The quiz includes common areas of emotional difficulty including **mood regulation, anxiety, self-esteem, trauma response, and interpersonal issues**. This quiz is for gentle self-exploration and is not meant to be used as a diagnostic tool.

Instructions: For each statement in each category, choose the answer that best describes how often you experience it:

- A = Never
 - B = Rarely
 - C = Sometimes
 - D = Often
 - E = Almost Always
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Section 1: Mood & Regulation

1. I feel emotionally overwhelmed and don't know why.
 2. My mood can shift quickly without warning.
 3. I often feel sad, numb, or disconnected from my feelings.
 4. Small setbacks feel like major disasters.
 5. I have difficulty calming down after getting upset.
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Section 2: Anxiety & Worry

6. I worry excessively, even about small things.
 7. I avoid situations because of fear or nervousness.
 8. I get physical symptoms when I'm anxious (e.g. heart racing, sweating).
 9. I replay conversations in my head, worrying I said something wrong.
 10. I often feel on edge or restless.
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Section 3: Self-Esteem & Identity

11. I struggle to believe I'm good enough.
12. I often compare myself negatively to others.
13. I feel like I don't know who I really am.
14. I blame myself for things that aren't my fault.
15. I find it hard to accept compliments.

Section 4: Trauma Response & Triggers

16. I sometimes react strongly to things that remind me of the past.
 17. I have trouble trusting others, even when they haven't hurt me.
 18. I avoid certain places, people, or situations because they make me feel unsafe.
 19. I feel emotionally numb or "checked out" at times.
 20. I experience flashbacks, nightmares, or intrusive memories.
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Section 5: Relationships & Boundaries

21. I find it hard to say no to others, even when I want to.
 22. I fear abandonment or rejection.
 23. I feel responsible for other people's feelings.
 24. I struggle to express my needs or set boundaries.
 25. I feel either too dependent or too distant in relationships.
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Scoring Guide:

Count how many answers you chose in each letter category per section.

- **Mostly A or B:** Low distress in this area.
 - **Mostly C:** Some emotional difficulty may be present here.
 - **Mostly D or E:** This is likely a significant emotional challenge that may benefit from focused support or self-exploration.
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Interpreting Results:

- **High scores in Section 1** may point to **emotional dysregulation** or mood instability
- **High scores in Section 2** suggest **anxiety-related issues**
- **High scores in Section 3** reflect **self esteem** and possible identity concerns
- **High scores in Section 4** indicate **possible trauma responses** or unresolved past experiences.
- **High scores in Section 5** suggest **relational difficulties**, such as poor boundaries, co-dependency, or attachment issues.