

Psychological, Mental and Emotional Self-Test

Name: _____ Age:..... Email:.....ph#.....

Not at All Very Seldom Some-Times Most of the Time All of the Time

1. I am engaged in a lot of activities

2. I am not taking care of myself and I don't know how

3. I am restless

4. I work something that I don't like

5. I feel uninterested in the things that were once enjoyable to me.

6. I have a lot of stress at home

7. I have a lot of stress at work

8. My family's and friend's needs are ahead of mine

9. I don't love myself and I don't know how to love myself

Not at All

**Very
Seldom**

**Some-
Times**

**Most of
the Time**

**All of the
Time**

10. I am doing a lot of things for other people to receive their approval

11. I am afraid that people won't like me if I don't do things for them

12. I've been feeling sad, unhappy, or blue.

13. I am constantly worried about a lot of things

14. I don't have hobbies and favorite things to do

15. I don't do any physical activity, or very little

16. I don't know what I want to do

17. I don't remember when was the last time I did something for myself

Not at All

**Very
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**Some-
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**Most of
the Time**

**All of the
Time**

18. I have noticed a change in my sleeping pattern, such as having trouble falling asleep, waking up constantly through the night, or oversleeping in the morning.

19. I feel like I've been drained of all my energy.

20. I've been crying a lot.

21. It seems like everything goes wrong no matter how hard I try.

22. I feel overwhelmed with things

23. Time is never enough for me

24. I can describe myself as a workaholic

25. I am a center of attention in social settings

26. I doing a lot of volunteer work

Not at All

**Very
Seldom**

**Some-
Times**

**Most of
the Time**

**All of the
Time**

27. I am a perfectionist

28. I am over committed and overachiever

**29. I don't believe that I deserve what I
want**

30. I don't believe that I am good enough

31. I am anxious about the future

32. I feel like a failure and not very likable.