

Nervous Breakdown Self-Assessment

Think you might be on the way to a nervous breakdown? Highlight each statement that applies.

- 1) I have ongoing feelings of anxiety or have had panic attacks.
- 2) Overwhelms stress makes my life feel unmanageable.
- 3) I have difficulty sleeping, including insomnia or nightmares.
- 4) Even when I've rested, I feel fatigue or exhaustion
- 5) Focusing on one task feels like mission impossible.
- 6) Not sure why, but I cry, lash out at others, or get really moody.
- 7) I've abandoned my social life.
- 8) I often feel hopeless, despair, or depressed.
- 9) Headaches, stomach issues, or chronic pain is now a daily part of my life.
- 10) Secretly, I've used drugs or alcohol to cope with stress.
- 11) I've felt disconnected from reality at times.
- 12) I have an overwhelming feeling of dread or fear without good reason.
- 13) I've lost interest in my hobbies or enjoyable activities.
- 14) What's self-care? I don't have time for that.
- 15) I've considered self-harm.
- 16) Even when something is minor, I feel irritated without explanation.
- 17) Usually, I just expect the worst outcomes.
- 18) I've experienced memory lapses or confusion.
- 19) I decline invitations because I just can't handle it.
- 20) I've often felt physically or mentally numb in the recent past.

YOUR SELF-ASSESSMENT SCORE

Each highlighted answer = 1 point

- 1-4 points: Mild concern; the stress is probably temporary. Take proactive steps and time for self-care.
- 5-9 points: Moderate concern; stress/emotional strain is building. You're headed to an issue; seek support.
- 10-14 points: High concern; seeking professional help is recommended.
- 15-20 points: Immediate concern; professional evaluation and possible intervention necessary right away.