



Emotional Instability Self-Assessment

Highlight each statement that describes you.

- 1) I feel emotionally unstable more often than others seem to.
- 2) Chronic stress contributes to my emotional volatility.
- 3) I struggle with healthy relationships or have rocky interpersonal relationships.
- 4) My self-image suffers if people don't include me for no apparent reason.
- 5) Unresolved trauma or abandonment are part of my life experiences.
- 6) I have high impulsivity and little to no fear of risks.
- 7) I feel numb or empty inside, even when things seem fine in my daily life.
- 8) I've been diagnosed with one or more mental health disorders.
- 9) I don't always have a clear sense of who I am.
- 10) I have little support managing emotional instability.
- 11) I often lash out in anger, then feel bad later.
- 12) My emotional instability leads to poor sleep or chronic pain.
- 13) I've had suicidal thoughts in the past.
- 14) Sometimes it feels like I don't exist.
- 15) I use negative coping strategies to manage difficult life events.

YOUR SELF-ASSESSMENT SCORE

Each highlighted answer = 1 point

- Low Emotional Instability (0–4): You may experience regular emotional ups and downs. Occasional mood shifts are a standard part of life, but you likely have tools to regulate them.
- Moderate Emotional Instability (5–9): You may struggle with patterns of emotional intensity or relationship stress. You may not have a mental health disorder, but it could be helpful to talk to a mental health professional.
- High Emotional Instability (10–15): Your symptoms suggest high emotional reactivity and interpersonal distress. These may be signs of a mental health disorder. Consider speaking with a qualified therapist for a full assessment and support options.

This self-assessment is not a diagnostic tool and is for self-reflection only. Please call us at 520.999.2560 for further evaluation or help managing your emotional well-being.