



YOU WERE MEANT FOR MORE

# EMOTIONAL HEALTH ASSESSMENT

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# AM I STILL DEALING WITH THE EFFECTS OF MY PAST?

## INSTRUCTIONS:

FOR EACH STATEMENT, RATE YOURSELF ON A SCALE OF 1 TO 5  
1 = NEVER 2 = SOMETIMES 3 = OFTEN 4 = FREQUENTLY 5 = ALWAYS

## MEMORY

1. I replay painful memories in my mind even when I don't want to \_\_\_\_\_
2. I experience sudden mood shifts when something reminds me of the past \_\_\_\_\_
3. I often relive conversations or events that hurt me as if they just happened \_\_\_\_\_
4. I find myself thinking about something I messed up or that was embarrassing in the past and still feel its shame \_\_\_\_\_

## EMOTION

1. I feel easily triggered by other's words or actions, even if they don't intend harm \_\_\_\_\_
2. I feel like the wound from the past never fully heals \_\_\_\_\_
3. I tend to avoid people that know embarrassing details about my life, whether face-to-face or on social media \_\_\_\_\_
4. I find myself pulling away from people because I expect them to hurt me \_\_\_\_\_

## BELIEF

1. I struggle to trust other because of what someone did in the past \_\_\_\_\_
2. I avoid being vulnerable because I fear my trust will be broken again \_\_\_\_\_
3. I feel like when people get close to me, they betray me or end up hurting me \_\_\_\_\_
4. I end relationships quickly to protect myself before the other person has the chance to leave \_\_\_\_\_
5. I would rather stay by myself because relationships are too much work to maintain \_\_\_\_\_

6. Even though I would like to feel loved by people, I find it safer being alone, so I keep choosing to be alone. \_\_\_\_\_
7. I find it hard that God – or people – could give me safe , lasting, healthy connections \_\_\_\_\_

## **SCORING & REFLECTION**

**TOTAL:** \_\_\_\_\_

ADD UP YOUR SCORES FOR ALL 15 STATEMENTS.

MINIMUM SCORE = 15      MAXIMUM SCORE = 75

USE THE GUIDE BELOW TO INTERPRET YOUR RESULTS:

### **15-30 POINTS (LOW IMPACT)**

YOU'VE LIKELY PROCESSED MUCH OF YOUR PAST AND ITS AFFECTS ARE MINIMAL

### **31- 45 POINTS (MODERATE IMPACT)**

THE PAST AFFECTS YOU SOMETIMES, BUT IT MAY NOT CONTROL YOUR DAILY LIFE. SOME HEALING STEPS COULD STILL BE VALUABLE.

### **46-60 POINTS (HIGH IMPACT)**

THE PAST SIGNIFICANTLY INFLUENCES YOUR EMOTIONS, THOUGHTS AND RELATIONSHIPS. HEALING WORK IS STRONGLY RECOMMENDED

### **61-75 POINTS (SEVERE IMPACT)**

THE PAST IS SHAPING MUCH OF YOUR PRESENT REALITY. INTENTIONAL HEALING, COACHING, OR COUNSELING IS NEEDED TO BREAK FREE

**NOTE: THIS ASSESSMENT IS NOT A PROFESSIONAL MEDICAL/PSYCHIATRIC DIAGNOSIS**

# **REFLECTION**

WHAT PATTERNS DO I NOTICE IN MY ANSWER?

HOW IS MY PAST STILL INFLUENCING MY PRESENT?

WHAT NEXT STEP CAN I TAKE TOWARD HEALING AND FREEDOM?

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