

# HOW WELL DO I MANAGE MY EMOTIONS QUIZ

This self-assessment is intended to measure how well you regulate your emotions. Don't spend a lot of time thinking about your answers; just go with your first gut response. Also, don't try to figure out the "right" answer, the one that you are supposed to give to be well regulated emotionally. Give the most honest answer you can.

Don't worry, this is not an exam. In fact, there is no final exam. Please do not expect a perfect score. Humans are not perfect. *Ready?* Here it goes:

TRUE	FALSE	QUESTIONS
<input type="checkbox"/>	<input type="checkbox"/>	1. I cannot function when I feel upset.
<input type="checkbox"/>	<input type="checkbox"/>	2. I treat myself in a compassionate way when I am distressed.
<input type="checkbox"/>	<input type="checkbox"/>	3. Others handle their emotions better than I do.
<input type="checkbox"/>	<input type="checkbox"/>	4. I can express myself accurately when I feel upset.
<input type="checkbox"/>	<input type="checkbox"/>	5. I have no idea how to manage my emotions when I am distressed.
<input type="checkbox"/>	<input type="checkbox"/>	6. I can usually take care of my responsibilities even when I am upset.
<input type="checkbox"/>	<input type="checkbox"/>	7. Feelings are not important to me.
<input type="checkbox"/>	<input type="checkbox"/>	8. I have non-destructive ways to feel better when I am distressed.
<input type="checkbox"/>	<input type="checkbox"/>	9. Emotions cause problems for me.
<input type="checkbox"/>	<input type="checkbox"/>	10. I know how I am feeling most of the time.
<input type="checkbox"/>	<input type="checkbox"/>	11. I become angry with or ashamed of myself when I feel upset.
<input type="checkbox"/>	<input type="checkbox"/>	12. I make good decisions even when I am upset.
<input type="checkbox"/>	<input type="checkbox"/>	13. I think I will lose control when I have a strong emotion.
<input type="checkbox"/>	<input type="checkbox"/>	14. My feelings are valid and deserve my attention.
<input type="checkbox"/>	<input type="checkbox"/>	15. I have no idea how I am feeling much of the time.
<input type="checkbox"/>	<input type="checkbox"/>	16. Feeling upset is okay; I can handle it.



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## SCORING:

Look at the even-numbered statements and total the number of **true**s: .....

Look at the odd-numbered statements and total the number of **false**s: .....

## TIME FOR MATH!

I'm going to give you 16 points just for answering the questions.

16 + ..... (even-numbered trues) - ..... (odd-numbered falses) = ..... (your score)

**0-8:**

There is room for growth, and ample assistance is available. Consider embarking on therapy to acquire valuable emotional regulation techniques.

**9-16:**

You're making progress! Expand your repertoire by engaging in therapy, enrolling in courses, participating in groups, or delving into self-help literature!

**17-24:**

You're almost there! Stay focused and continue your journey of growth through therapy and various other resources.

**25-32:**

You're excelling! And you can continue to grow, there is still much more to explore and learn!

To learn more about how to regulate your emotions. Visit [www.suzettebray.com](http://www.suzettebray.com)

