

Holistic Living – Find My Issue: Expanded Scored Questionnaire

Rate each statement for the past 2 weeks:

0 = Not at all | 1 = Several days | 2 = More than half the days | 3 = Nearly every day

Add your scores to find the categories needing attention.

Anxiety

- I feel worried without a clear reason.
- I feel restless or unable to calm down.
- I experience sudden spikes of fear.
- I feel tense in my shoulders or chest.
- I struggle to control my worries.
- I avoid situations due to fear.
- My heart races during stress.
- I feel easily startled.
- I find myself over-checking small things.
- I struggle to breathe calmly when anxious.

Subtotal for this category (0–30):

Depression

- I feel persistently sad or empty.
- I have lost interest in activities.
- I struggle to get out of bed.
- I feel hopeless about the future.
- I feel slow or fatigued.
- My appetite has changed noticeably.
- I feel worthless or guilty.
- I find myself crying unexpectedly.
- I feel emotionally numb.
- I find it difficult to feel motivated.

Subtotal for this category (0–30):

Holistic Living – Find My Issue: Expanded Questionnaire (cont.)

Relationship Issues

- I feel misunderstood frequently.
- Arguments escalate quickly.
- I struggle expressing my needs.
- I fear abandonment.
- I feel disconnected from loved ones.
- I avoid difficult conversations.
- I feel clingy or overly dependent.
- I find it hard to trust others.
- I feel emotionally drained after interactions.
- I doubt the stability of my relationships.

Subtotal for this category (0–30):

Insomnia

- I struggle falling asleep.
- I wake up repeatedly at night.
- My thoughts race when lying down.
- I wake too early.
- I feel tired despite sleeping.
- I rely on caffeine to stay awake.
- I feel sleepy during the day.
- I have irregular sleep patterns.
- I feel restless while sleeping.
- I wake feeling unrefreshed.

Subtotal for this category (0–30):

Holistic Living – Find My Issue: Expanded Questionnaire (cont.)

Anger Management

- I get irritated easily.
- I feel rage over small issues.
- I say things I regret.
- I feel heated quickly.
- I find it hard to cool down.
- I clench my jaw or fists.
- I feel overwhelmed by anger.
- I withdraw after anger outbursts.
- I raise my voice often.
- I feel shame after being angry.

Subtotal for this category (0–30):

ADHD like Patterns

- I have difficulty focusing.
- I get easily distracted.
- I forget tasks or details.
- I procrastinate frequently.
- I feel mentally scattered.
- I start tasks but rarely finish.
- I struggle to organize things.
- I lose items often.
- I feel restless or fidgety.
- I act impulsively at times.

Subtotal for this category (0–30):

Holistic Living – Find My Issue: Expanded Questionnaire (cont.)

Trauma Responses

- Certain memories overwhelm me.
- I avoid reminders of past events.
- I feel emotionally numb.
- I feel disconnected from myself.
- I experience flashbacks.
- I feel unsafe in normal situations.
- I struggle trusting others.
- I become hyper-alert easily.
- I feel intense emotional waves.
- I have nightmares or disturbing dreams.

Subtotal for this category (0–30):

Overthinking

- I replay conversations repeatedly.
- I imagine worst-case scenarios.
- I analyze decisions too much.
- I worry what others think.
- I overprepare for situations.
- I get stuck in loops of thought.
- I obsess over past mistakes.
- I mentally rehearse future events.
- I struggle letting go of thoughts.
- I think more than I act.

Subtotal for this category (0–30):

Holistic Living – Find My Issue: Expanded Questionnaire (cont.)

Low Confidence

- I doubt my decisions often.
- I compare myself to others.
- I fear being judged.
- I hesitate to take opportunities.
- I question my abilities.
- I feel insecure around others.
- I focus on my weaknesses.
- I avoid leadership roles.
- I apologize excessively.
- I feel undeserving of success.

Subtotal for this category (0–30):

Your Results & Interpretation Guide

- 1) Add each category's scores (10 questions each).
- 2) Category subtotal range = 0–30.
- 3) Highest score categories may indicate areas needing support.

Category Score Meaning

- 0–8 = Minimal signals — normal fluctuations.
- 9–15 = Mild signals — reflect, adjust routine.
- 16–22 = Moderate signals — support recommended.
- 23–30 = Strong signals — expert guidance can be very helpful.

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