

How to know how you are

This table can help you to determine which areas of your life are perhaps out of balance – and to what extent this is the case. Put a cross where it feels right for you. If you find yourself mostly in column 2 or 3, it might be time for some improvements or help. No shame in that!

MOOD	<input type="radio"/> fluctuating	<input type="radio"/> often irritated	<input type="radio"/> permanently depressed
TENSION	<input type="radio"/> mostly calm	<input type="radio"/> nervous	<input type="radio"/> anxious / panic attacks
INTERACTION	<input type="radio"/> humorous	<input type="radio"/> sarcastic	<input type="radio"/> frequent quarrels
PERFORMANCE	<input type="radio"/> normally efficient	<input type="radio"/> difficulties to concentrate	<input type="radio"/> not efficient
SLEEP	<input type="radio"/> restful	<input type="radio"/> restless	<input type="radio"/> permanent sleeping problems
BODY	<input type="radio"/> no physical symptoms	<input type="radio"/> increasing pain	<input type="radio"/> illness
ACTIVITY	<input type="radio"/> regular social activities	<input type="radio"/> social withdrawal	<input type="radio"/> avoiding people
ALCOHOL / DRUGS	<input type="radio"/> occasional use	<input type="radio"/> self-medication	<input type="radio"/> addiction