



ARE YOU STUCK ?

Over the past month how often have you felt like this?

	Not at all	Sometimes	Most of the time	Pretty much all of the time
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
8. Little interest or pleasure in doing things	0	1	2	3
9. Feeling down, depressed, or hopeless	0	1	2	3
10. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
11. Feeling tired or having little energy	0	1	2	3
12. Poor appetite or overeating	0	1	2	3
13. Feeling bad about yourself, or that you are a failure or have let yourself or your family down	0	1	2	3
14. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite, being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. *Thoughts that you would be better off dead or thoughts of hurting yourself	0	1	2	3

Add Columns

0 + + +

TOTAL

ARE YOU STUCK? SCORING

TOTAL SCORE	MEANING
0-8	Some Symptoms of Being Stuck, check out the Resources Section or make an appointment to evaluate further
9-18	Stuck, counseling is encouraged
18+	Very stuck, counseling is recommended

*If your answer to question #9 was 1 please seek professional mental health services, if your answer was #2 or #3 please seek mental health services immediately.

Would you like to receive tips on how to get unstuck and other helpful information?

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