

## TESTING FOR EMOTIONAL WOUNDS

Answer each of the following questions as honestly as possible. Please note that the "Yes" and "No" responses are not always in the same column. If you are reluctant to answer the questions, or if you feel you're being tricked into revealing something you'd rather not, the game is already up: You probably have an emotional wound.

| 1 | 2 |  |
|---|---|--|
| N | Y | Do people ever tell you that you seem arrogant, cold, aloof, or distant?   |
| Y | N | Is there at least one person who really understands almost all your feelings?  |
| N | Y | Is there anything you do compulsively, even though you wish you could stop?  |
| N | Y | Do you feel exhausted and irritable after being with a group of friends for a few hours?   |
| N | Y | Do you often seek solitude to "recover" from interactions with social groups?  |
| Y | N | Do you feel comfortable crying in front of the person/people you love most?  |
| Y | N | Do you talk about your feelings at least once a week to at least one other person?   |
| N | Y | Are there any events in your life you would not be willing to talk about to anyone?  |
| Y | N | Do you regularly engage in activities that allow you to express your feelings (writing in a journal, singing along with emotional music, acting, weeping at emotional movies, etc.)? |
| N | Y | Do you have strange or unexpected emotional reactions, such as feeling shame when you are praised, relief when you fail, or anxiety when you are loved?                              |
| N | Y | Do you have any "dark" secrets?  |
| Y | N | When someone makes you angry, do you tell him or her how upset you are?  |
| N | Y | Are you lonely even—or especially—when you are with other people?  |
| Y | N | Are you comfortable being touched affectionately by the people you love most?  |
| N | Y | Are you <i>only</i> comfortable being touched by a sexual partner, or does all touch seem sexual to you?   |
| Y | N | When you get good news, are there people you'd call just to share your happiness?  |
| N | Y | Do you pride yourself on never being upset or angry?   |
| N | Y | Would you rather "stuff" your anger than cause conflict by standing up for yourself?   |
| Y | N | Are you comfortable verbally expressing your love for family and friends?  |
| N | Y | On a typical day, do you laugh—genuinely, not out of politeness—less than five times?  |
| N | Y | Do you laugh at inappropriate times, such as when you hear bad news or when someone else is expressing anger?  |
| N | Y | Do you often cry without knowing the reason why?   |

Count the number of responses in column 1 and column 2. Getting more than three column 2 responses indicates a probable emotional wound.