

Self-Exploration Test

Could your body be expressing emotional distress?

This exercise is not intended to replace a medical or psychological evaluation. Its purpose is to help you identify patterns between your physical symptoms and your emotional state, and to guide you on whether it may be a good time to talk with a professional.

Instructions:

Read each statement and select the option that best describes how you have felt over the past 4 weeks.

1. Physical pain without a clear cause

Have you experienced pain (head, neck, back, shoulders, chest, stomach) that persists even though medical tests show no clear cause?

- ☐ Never
 - ☐ Occasionally
 - ☐ Frequently
 - ☐ Almost every day
-

2. Body tension

Do you often feel physically tense, tight, or in a constant “alert mode,” even during moments of rest?

- ☐ Never
- ☐ Sometimes
- ☐ Frequently
- ☐ Almost always

3. Fatigue that does not go away

Do you feel exhausted even when you sleep or rest enough?

- ☐ No
 - ☐ Sometimes
 - ☐ Most days
 - ☐ All the time
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4. Digestive symptoms

Have you noticed digestive discomfort (abdominal pain, diarrhea, constipation, nausea) that worsens during periods of stress or worry?

- ☐ Never
 - ☐ Rarely
 - ☐ Frequently
 - ☐ Almost always
-

5. Sleep

Has your sleep been affected (difficulty falling asleep, frequent awakenings, or non-restorative sleep)?

- ☐ I sleep well
 - ☐ I occasionally sleep poorly
 - ☐ I sleep poorly several nights a week
 - ☐ I rarely feel well rested
-

6. Suppressed emotions

Do you feel you have been “holding in” emotions such as sadness, anger, fear, stress, or worry without fully expressing them?

- ☐ No
 - ☐ Sometimes
 - ☐ Frequently
 - ☐ Yes, clearly
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7. Impact on daily life

Have these symptoms affected your work, relationships, concentration, or overall quality of life?

- ☐ No
 - ☐ Slightly
 - ☐ Moderately
 - ☐ Significantly
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How to interpret your answers (general guidance)

Important: This guide does NOT provide a diagnosis. It is intended for initial orientation only.

Mostly “Never / Occasionally”

Your symptoms may be temporary or related to specific situations. Still, listening to your body and maintaining emotional balance remains important.

Mostly “Sometimes / Frequently”

Your body may be showing signs of emotional overload. This is not an emergency, but it is a good opportunity for reflection and prevention. Talking with a professional may help you understand what is happening before symptoms intensify.

● Mostly “Almost always / All the time”

Seeking professional support is recommended. When physical and emotional symptoms are persistent, the body is clearly asking for attention. Addressing them early can help prevent the discomfort from becoming chronic.

From the perspective of psychiatry and psychosomatic medicine, identifying patterns is essential.

Exercises like this can help you:

- Become more aware of your physical and emotional state
- Break the belief that “nothing is wrong”
- Facilitate conversations with a professional
- Validate your experience without stigma

This is not about labeling—it is about listening carefully.

When to take the next step

If, while answering this test, several questions resonated with you, that alone is valuable information. You do not need to have all the answers before asking for help.

Talking with a mental health professional is an act of self-care—not weakness.