



Mental/Emotional Self-Assessment



Name: _____ Date: _____

Instructions: Read each question and select the answer that best reflects your experience. Circle the letter that corresponds to your answer. At the end, total each letter to find which remedy may be the best fit for you.

1. I feel the most stressed when:

- A. I'm worrying about something that hasn't happened yet, like a big presentation or a date.
- B. I'm thinking about something that has already happened that was traumatic for me.
- C. I'm irritable because I feel generally hopeless.
- D. I can't make myself get through my to-do list, even though it lingers.
- E. I start spiraling about my low self-esteem and lack of confidence.
- F. I have trouble concentrating for long enough to complete a task or forget something important.

2. I find it hardest to:

- A. Relax my mind when I'm anxious.
- B. Move past disturbing memories.
- C. Shake the feeling of sadness and disinterest.
- D. Feel driven or excited about life.
- E. Stop criticizing myself.
- F. Stay focused on tasks or conversations.

3. I often catch myself:

- A. Overthinking worst-case scenarios.
- B. Reliving past traumatic events.
- C. Feeling like nothing matters anymore.
- D. Avoiding projects or responsibilities.
- E. Doubting my abilities.
- F. Misplacing things or forgetting obligations.

4. When I experience stress, I notice:

- A. Physical symptoms like headaches, trembling, or sweaty palms.
- B. Difficulty sleeping and vivid nightmares.
- C. A loss of appetite or oversleeping.
- D. Apathy toward goals I used to care about.
- E. Feelings of inadequacy and self-loathing.
- F. Restlessness or the urge to move constantly.

5. I feel out of balance when:

- A. I'm overwhelmed by daily life.
- B. I'm haunted by memories.
- C. I feel empty or emotionally flat.
- D. I lack drive and ambition.
- E. I'm harsh on myself about past mistakes.
- F. I can't stay organized or finish tasks.

6. When things go wrong, I tend to:

- A. Worry endlessly about what happens next.
- B. Get stuck on what already happened.
- C. Feel like nothing will ever improve.
- D. Put off trying to fix it.
- E. Blame myself entirely.
- F. Lose track of what I'm supposed to do.

7. I am most likely to avoid:

- A. Uncertainty about the future.
- B. Anything that reminds me of the past.
- C. Emotional vulnerability.
- D. Challenging or complex tasks.
- E. Situations where I might fail.
- F. Tedious or repetitive work.

8. I feel most disconnected when:

- A. Anxiety takes over my thoughts.
- B. Painful memories surface.
- C. I lose interest in things I once enjoyed.
- D. I can't find motivation for anything.
- E. I criticize myself constantly.
- F. My attention drifts during important activities.

9. I struggle the most with:

- A. Uncertainty and fear of the unknown.
- B. Letting go of the past.
- C. Persistent low mood or hopelessness.
- D. Lack of excitement or purpose.
- E. Feeling unworthy or not good enough.
- F. Maintaining focus and staying organized.

10. I notice that:

- A. I get overwhelmed easily.
- B. I feel on edge after remembering past experiences.
- C. I have less energy and feel down often.
- D. I can't seem to care about my responsibilities.
- E. I frequently criticize how I handle things.
- F. I can't sit still or pay attention for long.

11. I am more likely to feel:

- A. Nervous and uneasy.
- B. Stressed and alert.
- C. Sad and uninspired.
- D. Unmotivated and bored.
- E. Insecure and self-critical.
- F. Distracted and forgetful.

12. I find myself avoiding:

- A. Social gatherings or busy environments.
- B. Anything that triggers old memories.
- C. Friends or hobbies.
- D. Planning for the future.
- E. New challenges that could boost my confidence.
- F. Tasks requiring mental effort.

13. When under pressure, I feel:

- A. Panicked and frazzled.
- B. Fearful and tense.
- C. Apathetic and disengaged.
- D. Like putting things off.
- E. Worthless and incapable.
- F. Scattered and disorganized.

14. I lose focus when:

- A. I'm nervous about something.
- B. I'm thinking about old trauma.
- C. I feel depressed.
- D. I feel bored and unmotivated.
- E. I doubt myself too much.
- F. I'm distracted by everything around me.

15. I feel stuck because:

- A. I worry too much.
- B. I'm carrying old emotional pain.
- C. I lack energy or hope.
- D. I can't stay on track.
- E. I question my value constantly.
- F. I can't focus long enough to complete things.

Tally Your Answers

- # of A's: _____
- # of B's: _____
- # of C's: _____
- # of D's: _____
- # of E's: _____
- # of F's: _____

Interpretation:

- A - AnXious: Relief for symptoms like anxiety, fear, and overwhelm.
- B - PTS Stress: Supports stress, nightmares, and trauma-related symptoms.
- C - Elevate: Addresses sadness, hopelessness, and emotional fatigue.
- D - Motivation: Helps with apathy, procrastination, and lack of drive.
- E - Esteem: Boosts self-worth and confidence.
- F - Focus: Supports attention, concentration, and restlessness.

Instructions: Select your top two highest scoring letters and corresponding remedies. If scores are low or at the highest amount on all, consider starting with Emotional Detox and Drainage and/or Mind Detox and Drainage.



“A” is my highest score:
AnXious

AnXious is for the temporary relief of the symptoms related to stress including anxiety, worry, fear, and the feeling of being overwhelmed.



“B” is my highest score:
PTS/ Stress

PTS/ Stress Remedy is for the temporary relief of symptoms of stress including terror, horror, stress, fight or flight, nightmares, difficulty sleeping, easy irritability, difficulty concentrating, and restlessness.



“C” is my highest score:
Elevate

Elevate is for the temporary relief of symptoms including feeling of hopelessness, sadness, difficulty sleeping, difficulty concentrating, irritability, loss of appetite, and self loathing.



“D” is my highest score:
Motivation

Motivation is for the temporary relief of symptoms related to a lack of motivation, such as boredom, loathing of work, aversion to mental work, loss of ambition, mental fatigue, lack of self-confidence, hopelessness, and lack of passion for things.



“E” is my highest score:
Esteem

Esteem is for the temporary relief of the symptoms including lack of self esteem, codependency, lack of self confidence and narcissism.



“F” is my highest score:
Focus

Focus is for the temporary relief of symptoms including poor attention, excessive movement, difficulty concentrating, quick temper, restlessness, sensitivity to noise, forgetfulness, easy boredom, mood changes, impulsivity, and temper tantrums.

DesBio homeopathic medicines are for the temporary relief of self-diagnosing symptoms. DesBio Dietary Supplements are for supporting the structure and function of the body.