

How to know if you are emotionally unstable:

1. Sometimes I worry over small things.

- True
- False

2. I feel weak and tired most of the time.

- True
- False

3. I am often restless.

- True
- False

4. Sometimes I feel irritated and angry.

- True
- False

5. I have periods when I feel so restless that I can't sit still.

- True
- False

6. I am often told that I am short-tempered.

- True
- False

7. I tend to overreact then regret it later.

- True
- False

8. I am short-tempered but recover quickly.

- True
- False

9. It's hard to make me angry.

- True
- False

10. I often worry about things that don't go right in my life.

- True
- False

11. Usually I wake up fresh and rested.

- True
- False

12. It's not easy to throw me off balance.

- True
- False

13. I don't think I am more anxious than other people.

- True
- False

14. Occasionally I am unable to sleep due to obsessive worrying.

- True
- False

15. I am so anxious about some things that I find myself unable to talk about them.

- True
- False

16. I tend to take everything personally.

- True
- False

17. Waiting makes me nervous.

- True
- False

18. I feel agitated and anxious at least once a week.

- True
- False

19. I think I am more sensitive than other people I know.

- True
- False

20. I can't watch movies with scary or intense scenes.

- True
- False

21. I am impatient with others.

- True
- False

22. Sometimes a thought comes to my mind and I keep ruminating about it unable to stop.

- True
- False

23. I don't mind criticism.

- True
- False

24. Sometimes I think I am on the verge of having a [nervous breakdown](#).

- True
- False

4 Behaviors of Someone Who is Emotionally Unstable:

“Your emotions are very unstable and should never be the foundation for direction in your life.” – Joyce Meyer

Being emotionally unstable can be a sign of a greater issue within a person. Being emotionally unstable can mean a personality disorder such as borderline personality disorder. It can also be a sign of childhood trauma, depression or anxiety disorder. The signs of an emotionally unstable person can vary. They may show signs of depression and anxiety, while also exhibiting a number of behaviors that can affect both themselves and the people around them.

1. They're more into impulsive actions

Someone who is emotionally unstable may be more prone to act impulsively. They may do things that could harm themselves and others without thinking it through all the way. For example, someone who is emotionally unstable may be more likely to drive their car extremely fast, or drive under the influence of drugs or alcohol. Their impulsive actions are much more likely to be geared towards danger. They also may be more prone to impulsive spending or gambling. They have very little self-control and may not entirely understand delayed gratification. **Doing these things may make them feel good for short periods of time, because they're unable to.**

2. They have anger issues

One of the biggest hallmarks of an emotionally unstable person is anger issues. An emotionally unstable person will oftentimes have issues controlling how they express their anger. They may snap back and forth between being perfectly pleasant and being extremely furious. They're not able to control their emotions in a healthy manner. While they may just as well be prone to outbursts of sadness or happiness, their anger is much more damaging. They may shout and scream when they're angry, or they may express their anger through violent actions. This doesn't always mean that they'll physically harm the person that they're angry with, but they may slam doors and push objects.

However, assistant clinical professor of psychiatry Dr. Carol W. Berman states, *“The most important tool is not to internalize the person's behavior, or take it too personally. Remember, it's not about you. **People with borderline personality disorder aren't fully aware of their behavior and the effect on other people.**”*

3. On again, off again relationships

Someone who is emotionally unstable will have a hard time keeping their relationships stable as well. They may volley between feeling very affectionately towards a person, and then feeling badly about them as well. Not only that, but they have a hard time keeping a stable relationship. They may start arguments and break up with their significant others, only to want to get back together after a few hours or days.

Former FBI Counterintelligence Agent and author Joe Navarro, M.A. says, “*No one calls them “eggshell relationships,” but that is what they turn into. Relationships where you have to tread lightly—each day you wake up you are figuratively having to walk on eggshells because your partner or someone you know behaves or acts all too frequently with a constellation of traits that are just simply toxic. So toxic, that you have to be ever so careful around them lest they lash out at you. They do so because they are emotionally unstable.*” Their romantic relationships aren’t the only one that suffer, however. People who are emotionally stable have difficulty maintaining any type of relationships. Their friendships can suffer as well as their relationships with their family members. They may be estranged from their families and friends because their relationships suffer.

4. They have extreme reactions

Much like their anger issues, people who are emotionally unstable often have extreme reactions to situations that are either real or perceived. If they perceive that they’re being wronged in some way, they may have a stronger reaction right away instead of finding out more about the situation. Their perception of the world may be off, and they will react to that rather than the reality of the situation. One of the most common perceptions that can cause an extreme reaction in emotionally unstable people is perceived abandonment. **If they feel like their family or friends are abandoning them, whether or not this is true, it can cause them to have an extremely negative reaction.**

Final thoughts

People who suffer from emotional instability are often people who have suffered through some kind of trauma in their lives. They have had trouble developing the tools they need to keep their emotions in line. Oftentimes, people who are emotionally unstable can benefit from having a strong support system, as well as therapy and sometimes medication.

10 WAYS TO KNOW YOU ARE EMOTIONALLY UNSTABLE

10. When you lean on addiction

Do you turn to alcohol, sex, pornography, drugs when times are hard? Do you use an addiction to escape the reality of your life? Emotionally strong people don't run away from the matter, they don't hide it under the carpet; they confront it, building up a strong mind and heart, they pray, they lean on friends instead. Leaning on addiction doesn't solve issues, in fact, you will keep leaning on the addiction to help you cope with the mess and emptiness the addiction brings you.

9. When you seek revenge

Did someone wrong you and you're devoting your energy on getting back and settling scores? Do you find yourself scheming on how to come on top to prove a point? Emotionally unstable people want to succeed because they are insecure and want to prove a point, but mature and stable beings work to succeed out of purpose, doing the right thing. We live in a world that has glorified haters and sings about showing your hater some hate back. Soap operas and movies make revenge look glamorous, but in reality, only an insecure person will put effort in attacking back. It's wise to be the bigger person. The world goes to wars when emotionally unstable people are in power.

8. When you use manipulation

"If you love me you will have sex with me", how many have used that line? How many use threats to get things done? Do you threaten your lover, your work mates, your friends, your children, your employees to get things done? That is a sign of emotional instability; where you feel you must coerce someone because you have fallen short when it comes to attracting loyalty, faithfulness, a following or respect.

7. When you are easily swayed by others

Do you have a mind of your own? Or is your voice silenced by the noise of others? Is it easy for someone to confuse you? Emotionally unstable people desire to fit in, and they will do anything to gain acceptance. They are the type whose friends will tell them "Man you're being too soft with your woman" then he becomes less

loving to his woman. The type who are told “Woman you are ugly” and then she loses her self-esteem and becomes too self-conscious

6. When you are angry towards God

Are you rebelling against God because of a tragedy? Are you angry at God because things are not going your way? Mad at God because a loved one died? To emotionally grow is to realize that God is God whether you believe or not. Death will happen, death is beyond us; but life after death is in God’s hands. Instead of hating God because of the death of a loved one, why not thank God that you got to have life, you got to know that person and loved that person while they breathed. Life in itself is a gift, stop acting like you are entitled to it yet the very air you breathe you cannot manufacture. Instead of running away from God because things went wrong, run to God to be on the right side no matter how many times you hit a wall. We often focus too much on getting blessed and having prayers answered; yet God wants to make us a blessing, make us the answer to prayers. God wants more than giving you things, God wants to transform you.

5. When you make decisions based on feelings

“I don’t feel like going to work” then you quit your job. “I don’t feel I love you anymore” then you end a relationship. “I don’t feel understood” then you withdraw from your friends. “I don’t feel sexy” then you sleep around to bring sexy back. All those are feelings, feelings are amazing when they are good feelings, but bad feelings will also be there. Feelings are never constant. At times you are in high moods other times low. Don’t use feelings as a compass, be rational, objective, and let bad moods get swept away by good moods before you make hasty decisions based on bad feelings. Love is not a feeling, it is a decision, a responsibility; not every day will your lover make you feel wow, sexy or mushy.

4. When you contemplate committing suicide

This thought is for cowards. This is the ultimate show of “I am emotionally unstable. A loser. I give up!”

3. When you air your problems to attract sympathy

This happens a lot on Facebook, social media and social gatherings. Some people love to parade their woes looking for attention. They will add tears to their eyes to get a longer hug, prolong their sickness to get more nursing, they will pretend all is

not well or use the fact that they are not well to be remembered. It is OK to allow people to be there for you, but analyze yourself; do you feel people are not giving you much time and thought and so you display your problems to stay in the radar?

2. When you find it hard to forgive

It takes a strong heart to forgive. Keeping that bitterness in your heart only makes you emotionally imbalanced, you are the person carrying that unnecessary weight that is messing up your heart while the person you are not forgiving is busy living their life in joy and has moved on. Don't wait for someone who has wronged you to come and ask for forgiveness, maybe they don't even know they did you wrong. Don't darken your heart just because someone hasn't said "I am sorry!"

1. When you are afraid to love

Are you giving excuses why you cannot love? Do you run away when someone is getting close to the warmth of your heart? Have you hidden your heart because you are afraid if you love you might be heartbroken just like it happened in the past? History shouldn't define you but enlighten you. It takes guts to be vulnerable to someone, to let a lover in; true love is for the brave!