

Am I Neurotic? - Test your Neuroticism

Nervous, unstable, unbalanced, maladjusted; Someone with extreme mood swings. A constant [worrier](#).

A [paranoid](#) personality. Someone who often suffers from extreme stress.

Someone who can't [cope](#) in a social setting.

1. Neurotic: poor ability to adapt to one's environment, an inability to change one's life patterns, and the inability to develop a richer, more complex, more satisfying personality

2. Neurotic: , On a scale of 1-10; Where 10 is the healthy optimistic well adjusted person with good [coping skills](#) to stress and change, that came from a well adjusted family, with no hang up or inhibitions that determent the quality of his life. So a score of 1, would be Neurotic.

3. Neurotic: A negative personality trait that make one prone to anxiety and depression,

1. Am relaxed most of the time.

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

2. Dislike myself.

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

3. Worry about things.

- Very inaccurate

- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

4. **Panic easily.**

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

5. **Am very pleased with myself.**

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

6. **Rarely get irritated.**

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

7. **Get stressed out easily.**

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

8. **Am often down in the dumps.**

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

9. **Seldom get mad.**

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

10. **Fear for the worst.**

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

11. **Am not easily frustrated.**

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

12. **Am not easily bothered by things.**

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

13. **Feel comfortable with myself.**

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

14. **Often feel blue.**

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

15. **Seldom feel blue.**

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

16. **Have frequent mood swings.**

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

17. **Remain calm under pressure.**

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

18. **Feel threatened easily.**

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

19. **Rarely lose my composure.**

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

20. **Am filled with doubts about things.**

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate