

Repressed Emotions Test

Name: Oliver Benett

Age: 29

Date: Jan 23, 2024

This test is designed to assist in identifying and understanding repressed emotions, facilitating a path toward emotional healing and resilience.

Identifying Signs of Repressed Emotions

Describe how often you feel emotionally numb or disconnected.

I often feel disconnected, almost like I'm watching life from the outside. It happens several times a week.

Do you find it hard to identify your feelings? Please elaborate.

Yes, I struggle to name my emotions. It's like I know they're there, but I can't pinpoint what they are.

Have you experienced any unexplained physical symptoms (e.g., headaches, stomachaches)?

I frequently have headaches and occasional stomachaches, especially during stressful periods.

How often do these symptoms occur?

The headaches occur about three times a week, and stomachaches are less frequent but still common.

Note any behaviors that may indicate repressed emotions (e.g., outbursts of anger, avoidance of emotional topics).

I tend to avoid discussions about my feelings and sometimes find myself snapping at people over trivial things.

Describe any recurring themes in your dreams that might relate to unresolved emotions.

I often dream about being trapped or unable to speak, which may reflect my inability to express emotions.

Historical and Situational Factors

Have you experienced any events in your past that you find difficult to think or talk about?

There was a period during college where I felt overwhelmed, but I've never talked about it in depth.

How do you generally cope with distressing memories?

I usually try to distract myself with work or other activities to avoid thinking about them.

Identify current stressors in your life that may contribute to emotional repression.

High-pressure job expectations and maintaining a facade of being always okay.

How do you manage these stressors?

I mainly focus on work and keeping busy to avoid dealing with these stressors.

Describe your family's approach to expressing emotions.

Emotional expression was not encouraged in my family. We tended to keep things to ourselves.

How do you feel your social environment impacts your emotional expression?

The social stigma around showing weakness makes it hard for me to express my emotions openly.

Coping Strategies and Emotional Expression

List the coping mechanisms you currently use.

Work, exercise, and occasionally socializing, though I keep conversations superficial.

Are these coping mechanisms effective in managing your emotions?

They provide temporary relief but don't address the underlying issues.

Describe how you wish to express your emotions more healthily or freely.

I want to be able to talk about my feelings without fear of judgment and handle stress without suppressing my emotions.

What barriers do you face in achieving this?

Fear of being seen as weak and not living up to societal expectations of being strong and composed.

Identify people or groups that provide you emotional support.

A close friend and a colleague who I trust to some extent.

How comfortable do you feel sharing your emotions with these support systems?

Somewhat comfortable, but I often hold back from fully expressing myself.

Action Plan and Next Steps

List specific short-term goals to improve emotional awareness and expression.

Start journaling to better understand my emotions.
Open up to my therapist about my deeper feelings.

List long-term goals for managing and expressing repressed emotions.

Develop healthier emotional coping strategies.
Foster deeper, more authentic relationships.

What therapeutic interventions (e.g., counseling, mindfulness exercises) might be beneficial?

Continuing counseling and starting mindfulness exercises or meditation.

Schedule dates for reviewing progress and adapting strategies.

Review in six weeks: 2024-03-04

Health Professional's Observations, Recommendations, and Notes

Oliver exhibits classic signs of high-functioning depression with a tendency to repress emotions due to societal pressures. Recommended continued therapy focusing on emotional expression and mindfulness practices.

Name of Health Professional and Signature:

Dr. Emily Chang, Psy.D.

Name of Practice:

Mindful Living Therapy Center