

Repressed Emotions Test

Name:

Age:

Date:

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.

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

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

How often do these symptoms occur?

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

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

Historical and Situational Factors

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

How do you generally cope with distressing memories?

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

How do you manage these stressors?

Describe your family's approach to expressing emotions.

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

Coping Strategies and Emotional Expression

List the coping mechanisms you currently use.

Are these coping mechanisms effective in managing your emotions?

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

What barriers do you face in achieving this?

Identify people or groups that provide you emotional support.

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

Action Plan and Next Steps

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

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

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

Schedule dates for reviewing progress and adapting strategies.

Health Professional's Observations, Recommendations, and Notes

Name of Health Professional and Signature:

Name of Practice: