

# Emotion Stabilization Quizz

Check if:

**You Have sad, anxious, or "empty" feelings**

You have feelings of danger and being under attack

You fell emotional numbness, feelings of guilt.

**You Have irritability or anger feeling, angry outbursts**

You experience nightmares and flashbacks

You experience Experienced mood change

You experience constantly worrying

You are being irritable or snappy,

You feel cranky

**You are feeling overwhelmed**

**You feel restless or slowed down**

**You've lost sexual desire and/or ability**

Your mood is depressed. You think about death or suicide (not just a fear of death).

You feel worthless or guilty

Number of boxes checked

If you checked more than  
**grounding**



Project Number: 2020-1-PL-KA202-082075-  
Strategic Partnerships for vocational education and training.



Exercise

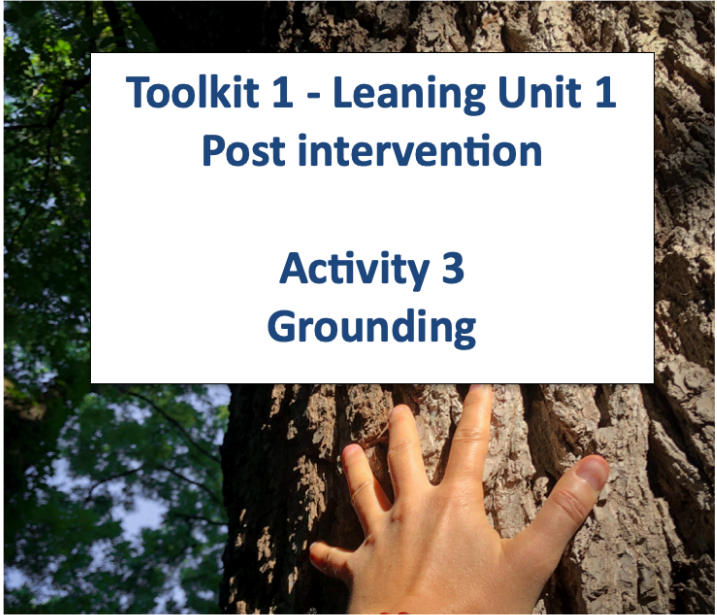
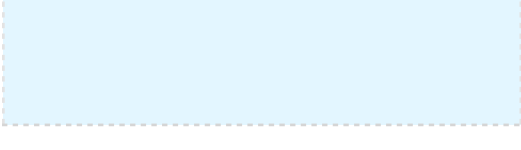


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