

# Cognitive Stabilization Quizz



Check if:

You have a hard time focusing, remembering details

You experience Forgetfulness and disorganization

You have a hard time making decisions or making choice

You experience Low energy and no enthusiasm

You experience Inability to focus

You experience Poor judgment

You're only seeing only the negative side

You experience intrusive thoughts, urges, and images

You are feeling overwhelmed

You feel restless or slowed down

Number of boxes checked

**We strongly suggest that you do the activity #4 : Anchoring .  
Please go to [How to Drop an Anchor ?](#)**