Theresa Babbs-Durrant

MENTAL HEALTH COACH & THERAPIST

What Am I Actually Dealing With?

A short, private reflection to help you notice what you've been carrying

Before you begin

This is a ten-minute reflection, not a test. There are no right or wrong answers, no scores and no results. Its only purpose is to help you put words to what may have been hard to name. Think about the last few months. Tick the box that feels closest, then read the notes at the end. You can stop at any point, skip anything you'd rather not answer, and come back another day.

This resource is for personal reflection and general information only. It is not a diagnostic tool, a clinical assessment or a substitute for professional advice, diagnosis or treatment, and it cannot tell you whether you have a mental health condition. Your answers stay with you. They are not collected or reviewed by me. This resource is for adults (18+).

Part 1: Notice what feels true.

Work through the five groups below at your own pace. Go with your first instinct.

1. Keeping things together	Not really me	A bit like Me	Very like me
I tell people I'm fine even when I'm not.			
I feel I have to hold things together for other people.			
People might be surprised if they knew how I really feel.			
It's easier to help others than to ask for help myself.			

2. Stress and the body	Not really me	A bit like Me	Very like me
I'm tired in a way that sleep doesn't seem to fix.			
My body holds tension (jaw, shoulders, stomach, head) more than I'd like.			
Small things feel bigger than they used to.			
I find it hard to switch off, even when there's nothing to do.			

3. Loss and change	Not really me	A bit like Me	Very like me
There's a loss (person, relationship, role, chapter) I haven't had chance to feel.			
I've been getting on with things rather than giving myself time.			
Certain dates, places or memories catch me off guard.			
I feel different from who I was before something changed.			

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4. Closeness and relationships	Not really me	A bit like Me	Very like me
I notice similar patterns showing up with different people.			
I worry about being too much, or not enough, for the people close to me.			
When things feel uncertain, I pull away or hold on tight.			
A relationship or friendship no longer feels like it fits and I'm unsure what to do.			

5. The past in the present	Not really me	A bit like Me	Very like me
I sometimes react more strongly than the situation seems to need.			
Certain tones, silences or situations put me on edge.			
I find it hard to relax, even when I'm safe.			
Parts of my past still seem to shape how I feel day to day.			

Part 2: Look at what you noticed.

There is no total to add up. Look back at where you ticked "Very like me". Several answers in one group may simply show where more of your attention and care could go. Answers spread across several groups are common, because stress, loss, relationships and the past are often connected rather than separate.

Nothing here can tell you what is or isn't going on for you, and it isn't a measure of how well you're coping. It's a starting point for curiosity.

If group 1 stood out: keeping things together

Appearing fine is often a skill learned for good reasons. It can also be tiring, and it can leave people feeling unseen. You might notice who in your life has earned a more honest answer to "how are you?"

If group 2 stood out: stress and the body

Many people describe signs of stress as "just how I am". You might look back a few years and ask what has changed, and when you last felt properly rested. Persistent physical symptoms are always worth mentioning to your GP.

If group 3 stood out: loss and change

Grief isn't only about death. Endings of many kinds can bring a sense of loss, even when the change was right. Naming it as loss, even privately, can give it somewhere to go.

If group 4 stood out: closeness and relationships

Patterns in relationships often make sense in the light of what we learned about closeness early on. They are not fixed, and noticing them is the first step towards choosing a different response.

If group 5 stood out: the past in the present

Strong reactions can be understandable responses to earlier experiences, even ones that seemed small at the time. You don't need to revisit anything to notice the pattern, and there is no need to rush.

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Part 3: Your own reflections

Three things I noticed about myself:

Something I'd like more of in my life, and something I'd like less of:

One small, kind step I could take this week:

When it may be worth speaking to someone

You don't need to reach a particular threshold to ask for support. You might consider speaking to your GP or a qualified therapist if what you've noticed has lasted more than a couple of weeks, is affecting your sleep, work or relationships, or feels hard to carry alone. Those are reasons to reach out, not signs that anything is wrong with you.

If you need support now

- In an emergency, or if you feel you can't keep yourself safe: call 999.
- Samaritans (free, 24 hours): 116 123.
- Shout (free text support, 24 hours): text SHOUT to 85258.
- Northern Ireland: Lifeline (free, 24 hours): 0808 808 8000.

Worried about your health? Speak to your GP. Out of hours, call NHS 111 in England, Scotland or Wales. In Northern Ireland, your GP surgery will direct you to the out-of-hours service.

If you'd like to talk it through

If something here resonated and you'd like help making sense of it, I'd be glad to hear from you. You are welcome to book a free, no-obligation consultation. There's no pressure to, and nothing in this resource needs to be shared with me.

Providing Counselling Services
in Windermere, and online
across the UK

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