

SIGNS OF MENTAL STRAIN

PART IV



Worksheet 7

For each statement, check “Yes” if it describes your usual behavior, “No” if it rarely or never does, or “Needs Attention” if you wish to improve.

Distraction and Mental Fatigue

- I am often scattered or distracted, unable to concentrate.
- I have difficulty finishing what I start.
- I take on too much at once and lose focus and energy in the process.
- I often feel mentally drained, unmotivated, or sluggish.
- I tend to postpone or avoid mentally demanding tasks, even when they matter to me.

Yes No Needs Attention

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Indecision and Self-Doubt

- I hesitate to make decisions or frequently second-guess myself.
- I rely heavily on the opinions of others when making decisions.
- I dismiss intuitive insights in favor of rational analysis.

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Rigidity and Resistance

- I resist new perspectives or struggle to consider unfamiliar ideas.
- I tend to reject viewpoints that differ from my own.
- When circumstances shift, I find it hard to change course.

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Memory and Recall

- I use my time wisely and prioritize tasks effectively.
- I notice increasing forgetfulness, such as misplacing items or losing track of tasks.
- I sometimes struggle to recall familiar names, faces, or words.
- I forget recent conversations or events more often than before.
- I rely heavily on notes, reminders, or digital devices to remember daily tasks.
- I find it harder to learn and retain new information than in the past.
- Others have mentioned concerns about my memory or concentration.

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Overthinking and Worry

- My mind is constantly active or overstimulated, even when I want to relax.
- I feel mentally or physically drained by constant worry.
- My thoughts often circle around the same doubts or concerns without resolution.
- I dwell more on problems than on possible solutions.

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