



# EMOTION

## The elephant in the room ...

The inability to regulate emotions is a significant contributor to relationship stress and in extreme cases domestic, family or elder abuse.

Where these unregulated emotions are externalized, pain can be expressed as rage.

The inability to regulate emotions can be due to a serious but treatable genetic disorder that runs in around 5% of families.

If you think that a family member's emotional responses are inappropriate, complete this Emotion Quiz.

References: <http://www.hksgroup.org/38701/62901.html>

SCORE

Emotion Quiz

1	I/they have difficulty getting organized.
2	When given a task, I/they usually procrastinate rather than doing it right away.
3	I/they work on a lot of projects, but can't seem to complete most of them.
4	I/they tend to make decisions and act on them impulsively – like spending money, getting sexually involved with someone, diving into new activities, and changing plans.
5	I/they get bored easily.
6	No matter how much I/they do or how hard I/they try, I/they just can't seem to reach my/their goals.
7	I/they often get distracted when people are talking; I/they just tune out or drift off.
8	I/they get so wrapped up in some things I/they do that I/they can hardly stop to take a break or switch to doing something else.
9	I/they tend to overdo things even when they're not good for me/they – like compulsive shopping, drinking too much, overworking, and overeating.
10	I/they get frustrated easily and I/they get impatient when things are going too slowly.
11	My/their self-esteem is not as high as that of others I/they know.
12	I/they need a lot of stimulation from things like action movies and video games, new purchases, being among lively friends, driving fast, frequent travel or engaging in extreme sports.
13	I/they tend to say or do things without thinking, and sometimes that gets me/they into trouble.
14	I'd/they'd rather do things my/their own way than follow the rules and procedures of others.
15	I/they often find myself/themselves tapping a pencil, swinging my leg, or doing something else such as exercise to work off nervous energy.
16	I/they can feel suddenly depressed when I'm/they're separated from people, projects or things that I/they like to be involved with.
17	I/they see myself/themselves differently than others see me/they, and when someone gets angry with me/they for doing something that upset them I'm/they're often very surprised.
18	Even though I/they worry a lot about dangerous things that are unlikely to happen to me/they, I/they tend to be careless and accident prone.
19	Even though I/they have a lot of fears, people would describe me/they as a risk taker.
20	I/they make a lot of careless mistakes.
21	I/they have blood relatives who suffer substance abuse, bipolar disorder, Tourettes, Attention Deficit Hyperactivity Disorder, Oppositional Defiance Disorder or Conduct Disorder.

*If you answered yes to 15 of these questions, it is possible that you or a family member struggle with managing emotions. However, you can still have difficulties even if you answered yes to fewer than 15 of these questions. This informal test is a prompt only so consult with your health professional.*