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| Welcome to the DP TestI am Rima from 'TheGuidingStar' – your personal health and relationship coach. I value your courage to reach out to me for seeking help and support. Thousands of people never reach this stage and as a result continue to struggle in hardships they don’t need to. This is a short quiz to know more about 'You'. Giving honest answers helps get honest results. Please know that this is a 100% JUDGEMENT-FREE and CONFIDENTIALITY ZONE unless if required by medical or federal law to release any important information. **Choose one option for each question.** Most questions relate to your feelings related to the past 4 weeks. 2-3 other questions may be different. Yet, choose ONE and only one answer for each Q. Attempt each and every Q. **Do not overthink any answers. Give the best ‘intuitive’ answer you can.** **Once done, SAVE the file with your NAME or a new name and email it back to me at: Theguidingstar28@gmail.com***Also, at the end, find the link to the online PERSONALITY TEST that I would like you to do and send me the results. Please follow the link and do not try to take it by searching on Google. Note that the 16FP is different from the Color Code Personality Test that I send out over PDF documents attached.* **GET STARTED**In the past 4 weeks:How often have you observed a significant change in your mood and/or your ability to experience fun / pleasure?[ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5

|  |  |
| --- | --- |
| Strongly Agree | Strongly Disagree |

You have noticed or other people have noticed you feeling down[ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5

|  |  |
| --- | --- |
| Strongly Agree | Strongly Disagree |

Your interest in or the pleasure you get from life is greatly reduced[ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5

|  |  |
| --- | --- |
| Strongly Agree  | Strongly Disagree |

You have a greatly increased or decreased appetite[ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5

|  |  |
| --- | --- |
| Strongly Agree | Strongly Disagree |

You either sleep too much and/or feel too sluggish or lethargic[ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5

|  |  |
| --- | --- |
| Strongly Agree | Strongly Disagree |

You suffer from insomnia as in inability to fall and/or stay asleep (consistent or frequent lack of sleep)[ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5

|  |  |
| --- | --- |
| Strongly Agree | Strongly Disagree |

You feel very restless or slowed down and friends, family or colleagues have noticed that[ ]  3-5 times per week [ ]  1-2 times per week[ ]  2-3 times a month [ ]  Almost EverydayYou feel overwhelmed or over burdened[ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5

|  |  |
| --- | --- |
| Strongly Agree | Strongly Disagree**Please make sure you have answered questions on the other side of the page** |

 |  | Welcome to the DP TestYou feel easily tired and feel like all the energy is sapping out of you [ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5

|  |  |
| --- | --- |
| Strongly Agree | Strongly disagree |

You feel worthless or helpless and experience a lot of unfounded guilt[ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5

|  |  |
| --- | --- |
| Strongly Agree | Strongly Disagree |

You struggle to think clearly, concentrate and/or make decisions. You feel confused or indecisive and need other people to make decisions for you[ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5

|  |  |
| --- | --- |
| Strongly Agree | Strongly Disagree |

You have brief or consistent thoughts of dying or running away[ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5

|  |  |
| --- | --- |
| Strongly Agree | Strongly Disagree |

You have thought of suicide or running away, made detailed plans about either or attempted either.[ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5

|  |  |
| --- | --- |
| Strongly Agree | Strongly Disagree |

You have lost interest in intimacy, romance or libido in a way that is unusual to you.[ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5

|  |  |
| --- | --- |
| Strongly Agree | Strongly Disagree |

In the past 4 weeks you have unusually lost or gained more than 5% of your weight.[ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5

|  |  |
| --- | --- |
| Strongly Agree | Strongly Disagree |

In the past one year, how confident have you felt overall? [ ]  1 [ ]  2 [ ]  3 [ ]  4 [ ]  5

|  |  |
| --- | --- |
| Very confident | Total lack of confidence |

Do you have a health or a mental health condition diagnosed anytime in your life that could account for any of the above symptoms? [ ]  YES [ ]  NO Thank You for taking the DP test! Please follow this link to do your 16PF test. This test will you and I know something about you that you did not know earlier. Takes Appx. 20-40 mins: <https://www.16personalities.com/free-personality-test> |
| Welcome to the DP Test |  |  Welcome to the DP Test |
|  |  |  |