Zenguin's Little Fear Gremlin Quiz

when something is scary, difficult, challenging or stressful, do you...

GET DISTRACTED (LIKE GOING DOWN A CAT VIDEO RABBIT HOLE ON YOUTUBE OR BINGE SCROLLING ON TIKTOK OR PERHAPS CONVINCE YOURSELF THAT SOME OTHER ACTIVITY REALLY NEEDS DOING INSTEAD)? (A)

START TO OVERTHINK THINGS OR START GETTING ALL 'UP IN YOUR HEAD' ABOUT THINGS, ESPECIALLY IF YOU FEEL AS IF YOU CAN'T GET OUT OF THE SITUATION WHICH IS SCARY OR DIFFICULT? (A)

BEGIN TO FEEL DEFENSIVE & FEEL THE NEED TO START TRYING TO JUSTIFY OR EXPLAIN YOURSELF (B)

NOTICE THAT YOUR JAW FEELS TENSE OR THAT YOU ARE CLENCHING YOUR TEETH OR YOU NOTICE THAT YOU START TO FEEL HOTTER OR FLUSHED? (B)

START TO WORRY ABOUT THINGS WHICH MIGHT HAPPEN IN THE FUTURE? (A)

FEEL SPACED OUT AND FOGGY (D)

NOTICE THAT YOU SUDDENLY STRUGGLE TO READ OR PROCESS SOMETHING (LIKE WHEN YOU'RE IN AN EXAM AND CAN SEE THE QUESTION BUT IT'S NOT GOING IN OR SOMEONE'S TALKING TO YOU BUT IT'S NOT GOING IN) (C)

SUDDENLY START TO FEEL TIRED WHEN YOU WERE OK A FEW MINUTES BEFORE (D)

FEEL SELF CRITICAL OR, EVEN WORSE, SELF-LOATHING (B)

START TO WITHDRAW AND AVOID PEOPLE OR SITUATIONS OR ACTIVITIES (LIKE NOT TEXTING PEOPLE BACK OR AVOIDING EMAILS) (A)

START TO FEEL STUCK (C)

NOTICE THAT YOU FEEL ANXIOUS (A)

HEAR YOURSELF SAYING 'I DON'T KNOW' A LOT IF SOMEONE'S ASKING YOU QUESTIONS OR GET STUCK IN A THOUGHT LOOP (C)

FEEL OVERWHELMED & COLLAPSY (D)

START TO THINK PEOPLE ARE LOOKING OR SOUNDING ANGRY WITH YOU (B)

FIND YOURSELF SUDDENLY STRUGGLING TO FIND WORDS TO EXPLAIN SOMETHING TO SOMEBODY, ESPECIALLY IF YOU FEEL PUT ON THE SPOT (C)

FEEL FRUSTRATED, AGITATED, ARGUMENTATIVE OR IRRITABLE (B)

NO ENERGY OR INTEREST IN TALKING OR MOVING (D)

NOTICE THAT YOU'VE STOPPED BREATHING MOMENTARILY (C)

NOTICE YOUR BREATHING SPEEDS UP A LOT (A)

START TO BLAME YOURSELF OR SOMEONE ELSE ABOUT SOMETHING (B)

FEEL STARTLED OR TERRIFIED AND TAKE A SHARP INTAKE OF BREATH (C)

FEEL TRAPPED, HOPELESS OR POWERLESS ABOUT A SITUATION OR AS IF THERE ARE NO OPTIONS (D)

STRUGGLE TO GET OUT OF BED (D)