

## self-assessment for the self-conscious citizen

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Place of birth: \_\_\_\_\_

*Breathe in. Take a pen. Remember what you came here for. Try this with more enthusiasm than your last visit to the psychic.*

Do you agree to answer all questions truthfully?

- Yes?       Yes.       Yes

*Today I feel...*

- A. Bad
- B. Empty
- C. Good  
or
- D. Fine

*I am taking this questionnaire, because...*

- A. There is something wrong with me
- B. My friends suggested it (I don't think I'm fine)
- C. My family suggested it (I think they're wrong)  
or
- D. Boredom (tick this answer if you feel deep shame in admitting you are so alien to all those around you, you can't even say it to yourself)

*There is something wrong with me, because...*

- A. I am simply too well polished
- B. I feel like a bad cardboard cutout of a person
- C. My mum likes to tell me I'm normal  
or
- D. My behaviour is copied from the DSM-V

*I exhibit symptoms of...*

- A. Needing
- B. Leaving
- C. Loving  
and
- D. Feeling

*It's no one's fault they didn't catch the warning signs, because...*

- A. The school system is underfunded
- B. No way my 40-year-old father knew that term in 2008
- C. Never were my symptoms strong enough for anyone to plausibly pick up  
or
- D. What warning signs?

*I try not to be angry at my parents, because...*

- A. They did nothing wrong; I am just spoiled
- B. I should cut straight to violence
- C. The anger burned away my brain, filled it to the brim. Anger isn't an emotion - it's a life  
or
- D. Anger is unproductive.

*The only sensible thing to do now is...*

- A. Scream, for I have deserved it
- B. Dream of vividly detailed revenge fantasies
- C. Make a few very questionable choices in rapid succession  
or
- D. Get help. *Get help.*

*Lastly, If I could go back in time and meet my younger self, I would...*

- A. Tell them of all the adventures we will go on together
- B. Take them somewhere nice, somewhere far, far away
- C. Hold them, and tell them: Sure, I'll listen. Tell me everything about it. I'll teach you anything you want  
or
- D. I wouldn't. I'm not a sore loser.