

Where Are You Right Now?

A 2-minute self-check, and what it might point toward

Therapy Utah · Lehi, Utah

Read this first. This is not a diagnostic test. It cannot tell you whether you have a mental health condition — only a licensed clinician can do that, and only after actually meeting you. What this can do is help you put words to what you've been carrying, and give you a starting point for a conversation.

There is no score that means you're fine, and none that means you're broken.

If any part of you is thinking about ending your life or hurting yourself, stop here and call or text 988 — the Suicide & Crisis Lifeline, available 24/7. You don't have to be in immediate danger to use it.

How to do this

Think about the **last two weeks**. For each statement, give yourself a number:

0 — not at all · **1** — several days · **2** — more than half the days · **3** — nearly every day

Write the number in the box. Don't overthink it; your first instinct is usually right.

Part 1 — Mood and energy

	STATEMENT	0-3
1	Little interest or pleasure in things I usually enjoy	☐
2	Feeling down, empty, or hopeless	☐
3	Tired or low on energy, even after resting	☐

Part 1 subtotal: ☐☐

Part 2 — Worry and tension

	STATEMENT	0-3
4	Worrying more than the situation calls for, and not being able to stop	☐
5	On edge, restless, or easily startled	☐
6	Avoiding places, people, or tasks because of how they make me feel	☐

Part 2 subtotal: ☐☐

Part 3 — The past showing up in the present

	STATEMENT	0-3
7	Unwanted memories or images of something that happened to me	☐
8	Feeling numb, detached, or like I'm watching myself from outside	☐
9	Reacting to something small as if it were a threat	☐

Part 3 subtotal: ☐☐

Part 4 — Relationships and coping

	STATEMENT	0-3
10	The same conflict repeating with a partner or family member	☐
11	Using alcohol, substances, food, work, or screens to not feel something	☐
12	My symptoms are getting in the way of work, school, parenting, or friendships	☐

Part 4 subtotal: ☐☐

Total (0-36): ☐☐

Reading your answers

Two things matter here, and the second matters more.

First — the total. As a rough orientation, not a verdict:

- **0-8.** Most people land somewhere in this range during an ordinary hard month. Therapy is still a reasonable choice if something specific is bothering you; you don't need a high score to earn a session.
- **9-17.** Something is consistently taking up room. This is the range where people most often say afterward, *I wish I'd gone sooner*.
- **18 and above.** What you're describing is substantial and sustained. Please talk to someone — a therapist, a physician, or 988 if you're in crisis.

Second — and this is the more useful signal — look at item 12. If your symptoms are interfering with how you live, that alone is a reason to get support, regardless of total. Distress that disrupts functioning is the threshold clinicians actually care about.

Also note: **any 3 on items 7, 8, or 11** is worth raising with a professional even if everything else is a 0.

Where your highest section might point

The section with your **highest subtotal** suggests a starting direction. This is a conversation-starter, not an assignment.

HIGHEST SECTION	OFTEN EXPLORED WITH
Part 1 — Mood and energy	Cognitive behavioral therapy (CBT); behavioral activation; evaluation for whether medication belongs in the picture
Part 2 — Worry and tension	CBT; exposure-based approaches, which have strong evidence for anxiety
Part 3 — The past in the present	Trauma-focused approaches — EMDR, Accelerated Resolution Therapy, trauma-focused CBT
Part 4 — Relationships and coping	Couples or family therapy; addiction and recovery work; skills-based approaches

If two sections tie, that's common and it's not a problem. Anxiety and depression travel together more often than not, and trauma frequently sits underneath both.

What happens next

Take this page with you. Whether you come to us or go somewhere else, walking into a first session able to say "*here's what's been happening, and here's where it's worst*" saves weeks.

At Therapy Utah, you can answer a few questions online and be matched with the therapists on our team whose training fits what you just described — anxiety, depression, trauma, couples and family, teens, addiction and recovery.

Get matched: therapyutah.org/get-matched **Call:** (385) 254-3522

Crisis support, any time. Call or text **988** (Suicide & Crisis Lifeline). Call **911** in an emergency. SAMHSA's National Helpline: **1-800-662-4357**.

This self-check is general education, not medical advice, and completing it does not create a therapeutic relationship. It is not a diagnostic instrument, has not been clinically validated as a screening tool, and cannot substitute for evaluation by a licensed professional. Nothing you write on this page is collected by Therapy Utah.

Sources. National Institute of Mental Health, *Psychotherapies* and *My Mental Health: Do I Need Help?* (nimh.nih.gov) · National Institute of Mental Health, *Anxiety Disorders* and *Depression* health topic pages · Substance Abuse and Mental Health Services Administration.

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