



Fragmentation Test



I often think what I do is not quite good enough.

I resist feeling “bad” emotions in an effort to be “good,” but find that “bad” emotions occasionally take hold of me.

I view emotionality as a sign of weakness and a lack of control.

I’m afraid to question authority when I see a better way.

At work, it’s necessary to act confident even when I’m not.

I project an image of a happy or secure person without really feeling it.

I have a tendency to withdraw when challenged.

I often put on a face to hide what I feel.

I wish I felt more at ease around people.

I care more about what others think of me than I’d like to admit.

I am generally restrained when it comes to emotional expression, but often have stronger feelings than I express.

I feel the need to defend myself.

I have a hard time feeling safe in an intimate relationship.

I sometimes shudder at something I’ve said.

At times, I cringe when I remember something I regret from the past.

I feel rejected when people disagree with me.

I tend to avoid eye contact with other people.

I find it difficult to receive gifts from others.

I feel like I am not as successful as I should be at this point in my life.

I try to win people’s approval.