

Life Transitions Assessment: Quarter-Life Crisis or Something Deeper?

This assessment is designed to help you understand your current experience and determine whether what you're going through might benefit from professional support. Please answer honestly based on how you've been feeling over the past several weeks.

Worry Patterns & Mental Experience

1. How would you describe your current thought patterns?

- ☐ A. I have specific concerns about my future, but my mind feels relatively calm most of the time
- ☐ B. I often find myself overthinking decisions, but I can usually redirect my attention when needed
- ☐ C. My mind feels like it's constantly racing with worry, and it's hard to "turn off" my thoughts
- ☐ D. I experience persistent, all-consuming worry that jumps from topic to topic without resolution

2. When you lie down to sleep, what typically happens?

- ☐ A. I usually fall asleep within 20-30 minutes
- ☐ B. Sometimes I think about my day or future plans, but I can generally settle down
- ☐ C. I often lie awake with racing thoughts about various concerns
- ☐ D. I regularly experience sleep disruption due to anxiety, worry, or racing thoughts

3. How would you describe your "mental rest" during the day?

- ☐ A. I can usually relax and enjoy downtime activities
- ☐ B. I sometimes have trouble fully relaxing, but I have periods of mental quiet
- ☐ C. My mind rarely feels at rest, even during activities I used to enjoy
- ☐ D. I feel like I can't "turn off" my thinking, even when I'm exhausted

Decision-Making & Daily Functioning

4. How has your ability to make decisions been lately?

- ☐ A. Big decisions feel overwhelming, but I can handle day-to-day choices fine
- ☐ B. I sometimes overthink decisions, but I can usually move forward
- ☐ C. Even small decisions often feel difficult or overwhelming
- ☐ D. I find myself paralyzed by choices, avoiding decisions when possible

5. How are you managing work, school, or daily responsibilities?

- ☐ A. I'm handling my responsibilities well, though I question if I'm on the right path
- ☐ B. I'm managing okay, but some days feel more challenging than others
- ☐ C. I'm struggling to concentrate and my performance has noticeably declined
- ☐ D. Basic responsibilities feel overwhelming and I'm avoiding important tasks

6. How would you describe your energy levels?

- ☐ A. Normal energy, though I feel uncertain about my direction
- ☐ B. Sometimes tired from worry, but generally manageable
- ☐ C. Frequently exhausted, even when I haven't done much
- ☐ D. Persistent fatigue that doesn't improve with rest

Physical Symptoms & Stress Response

7. Have you noticed any physical symptoms in recent weeks?

- ☐ A. Occasional stress, but nothing persistent or concerning
- ☐ B. Some tension or minor physical stress symptoms during worried periods
- ☐ C. Regular physical symptoms like headaches, muscle tension, or digestive issues
- ☐ D. Frequent physical symptoms including racing heart, shortness of breath, or dizziness

8. How does your body respond when you start worrying?

- ☐ A. I might feel a little tense, but it passes relatively quickly
- ☐ B. I notice some physical tension that usually resolves when the worry passes
- ☐ C. I experience noticeable physical symptoms like tight chest, stomach issues, or muscle tension
- ☐ D. I have intense physical reactions like racing heart, sweating, or feeling like I can't breathe

Scope & Duration of Concerns

9. How long have you been experiencing these feelings?

- ☐ A. A few weeks to a couple of months, often related to specific life transitions
- ☐ B. Several months, with some ups and downs
- ☐ C. Most days for 6+ months, with little variation in intensity
- ☐ D. Persistent for many months, feeling stuck in these patterns

10. What areas of your life are affected by worry or uncertainty?

- ☐ A. Mainly career or relationship decisions - specific life domains
- ☐ B. A couple of key areas, but I can still enjoy other parts of my life
- ☐ C. Multiple areas of my life, making it hard to fully engage in activities I used to enjoy
- ☐ D. Worry has expanded to many different areas - work, health, relationships, family, future, past decisions

11. How do these feelings compare to previous stressful periods in your life?

- ☐ A. This feels like a normal response to life transitions and big decisions
- ☐ B. More intense than usual stress, but I can see how it relates to my current circumstances
- ☐ C. This feels different and more overwhelming than stress I've experienced before
- ☐ D. This feels significantly more intense and persistent than any previous stress

Social & Relationship Impact

12. How are your relationships with friends and family?

- ☐ A. Relationships are stable; I might seek advice about my uncertainties
- ☐ B. Generally good, though I sometimes worry about what others think of my choices
- ☐ C. I've been withdrawing somewhat or seeking excessive reassurance from others
- ☐ D. I'm avoiding social situations or my relationships are suffering due to my worry

13. How do you feel when others share their successes or milestones?

- ☐ A. Generally happy for them, though I might question my own path
- ☐ B. Somewhat anxious about my own progress, but I can still celebrate others
- ☐ C. Frequently anxious or upset when I see others' achievements
- ☐ D. Overwhelmed by comparison, leading me to avoid social media or social situations

Coping & Support

14. What helps when you're feeling worried or uncertain?

- ☐ A. Talking to friends, planning, or engaging in activities I enjoy usually helps
- ☐ B. Some strategies work sometimes, but I'm not always consistent
- ☐ C. Things that used to help don't seem as effective anymore
- ☐ D. Nothing seems to provide lasting relief from worry

15. How do you feel about your current support system?

- ☐ A. I have people I can talk to about my concerns
 - ☐ B. I have some support, but I don't always feel understood
 - ☐ C. I feel like people don't really understand what I'm going through
 - ☐ D. I feel alone in this experience, even when I'm around others
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Scoring Your Assessment

Mostly A's (Score: 15-30): Typical Quarter-Life Transition Your responses suggest you're experiencing normal developmental challenges that are common during life transitions in your twenties and early thirties. While these feelings can be uncomfortable, they appear to be within the range of typical quarter-life uncertainty. Consider self-care strategies, talking with trusted friends or family, and remember that this period of questioning is often a healthy part of growth.

Mostly B's (Score: 31-45): Elevated Quarter-Life Stress You're experiencing more intense stress than typical quarter-life challenges, but you still have some effective coping strategies and periods of relief. This might be a good time to strengthen your support system, develop additional coping strategies, or consider talking with a counselor who can help you navigate this period more effectively.

Mostly C's (Score: 46-60): Significant Life Transition Stress Your responses indicate that your current experience is more intense than typical quarter-life challenges and may be impacting multiple areas of your functioning. Professional support could be very helpful in understanding your specific patterns, developing effective coping strategies, and determining if there are underlying factors contributing to your current experience.

Mostly D's (Score: 61-75): Professional Support Strongly Recommended Your responses suggest that what you're experiencing goes beyond typical quarter-life challenges and warrants professional attention. The persistent, intense nature of your symptoms and their impact on your daily functioning indicate that working with a mental health professional could provide significant relief and support.

What Your Results Mean

Important Notes:

- This assessment is for educational purposes only and is not a diagnostic tool
- Everyone's experience is unique, and scores are general guidelines
- Professional evaluation is always recommended if you're concerned about your mental health
- Seeking support is a sign of strength and self-awareness, not weakness

When to Consider Professional Support:

Regardless of your score, consider reaching out for professional support if:

- You're having thoughts about harming yourself or not wanting to be here
- Your symptoms are significantly interfering with work, relationships, or daily activities
- You feel stuck in patterns you can't change on your own
- You want to better understand your experience and develop effective coping strategies
- You're curious about how past experiences might be influencing your current challenges

Next Steps

If You Scored in the "Typical" or "Elevated" Range:

- Practice self-compassion - what you're experiencing is common and valid
- Maintain regular sleep, exercise, and social connection
- Consider limiting social media if comparison is triggering
- Set aside dedicated "worry time" rather than letting anxiety control your day
- Reach out to trusted friends, family, or mentors for support

If You Scored in the "Significant" or "Professional Support" Range:

- Trust your instincts - if something feels overwhelming, it's worth addressing
- Consider scheduling a consultation with a mental health professional
- Focus on basic self-care while you seek additional support
- Remember that seeking help is an investment in your long-term wellbeing

Ready to Take the Next Step?

If you're interested in exploring your experience further or developing personalized strategies for managing life transitions and anxiety, I'm here to help. I specialize in working with young adults

navigating the unique challenges of this life stage, using a warm, genuine approach tailored to your individual situation.

What to Expect:

- Free 15-minute consultation to determine if we're a good fit
- Weekly 50-minute sessions
- Personalized approach using psychodynamic, CBT, REBT, EMDR, and ART modalities
- A safe space to explore your concerns without judgment

Getting Started: I'm an out-of-network provider and can provide a superbill for insurance reimbursement if requested. For more information about scheduling and fees, please reach out to angelinamicelilcsw@gmail.com to set up your free consultation.

Remember: Your twenties don't have to be something you just survive. With the right understanding and support, this can be a time of meaningful growth and building the foundation for a life that truly feels like yours.

Assessment developed by Angelina Miceli, LCSW - specializing in anxiety and life transitions in young adults