

Is It Time to Talk to Someone Who Gets It?

This short quiz is designed to help you reflect on how you're coping — and whether it's time to get support.

There are no right or wrong answers. Just be honest with yourself.

1. 1. How often do you feel like you're just going through the motions each day?

- Rarely
- Sometimes
- Often
- Almost always

2. 2. Do you have someone you can talk to honestly about how you're really feeling?

- Yes, always
- Sometimes
- Not really
- No, never

3. 3. When things go wrong, how do you tend to cope?

- I have a plan and support
- I try to push through
- I isolate or shut down
- I spiral or self-sabotage

4. 4. How often do you feel stuck, overwhelmed, or directionless?

- Hardly ever
- Now and then
- Most weeks
- Nearly every day

5. 5. How would you describe your current mental load?

- Light
- Manageable
- Heavy
- Crushing

If you answered 'Often' or 'Almost always' to more than two questions, it might be time to explore mentoring.

Distortion Mentoring offers grounded weekly support starting at just £20/week.
No pressure. No judgment. Just space to figure it out.

Learn more or book your first session at distortionmentoring.co.uk