Mental screening

I decided to take an anxiety screening, I consider myself to be a mentally healthy person, so I didn’t feel like there was any test I really needed to take. I have been rather stressed out lately, and I figured why not see what that translates into on a screening test.

The screening tells me that I might have mild anxiety though I am not sure how accurate it really is, especially in my circumstance. You see, I am taking 18 credits at college on top of working full time, I have a very “interesting” relationship with a girl that I am so confused about and to top it all off I was asked to be the best man at my friend’s wedding. So, I am not so sure if it is really anxiety I am suffering or just a very busy couple of weeks. The reason why I am positive of this is because before I started school, I was completely stress free, I had the issues with the girl to deal with but that was all. I have always been able to handle stress extremely well, especially when I look at some people around me who can’t seem to handle it that well. I am not to worried about having anxiety or needing to get help for it, I just need to wait for somethings to calm down so I can devote my weekends to schoolwork and not wedding stuff. After that everything should be a lot easier.

I could think of a couple of people that might be able to use it, though I don’t think I would share it with them. I don’t trust the tool to be accurate enough nor my friends to take it seriously. I also feel like with a lot of more minor mental disorders people tend to use them as an excuse for why their life isn’t as good as others. I notice they like to look at other people’s lives at point out how lucky they are for not having to deal with anxiety or depression. They get so caught up in their own victimhood they don’t even try to fix their problems. I am in a lot of stress but that doesn’t mean I am throwing out excuses and complaining. I might vent here or there but I know I am the cause for most of my problems and I can solve most of them by simply working it out.