

When The Glass is Half Empty

Some people's brains are wired to react more to bad things than good things.

Neuroticism is the tendency to experience negative emotions, such as anger, anxiety, or depression anxiety, fear, moodiness, worry, envy, frustration, jealousy, and loneliness. It's a psychological trait with strong genetic influences. It tends to be present throughout life, but can improve with treatment. Both therapy and medication can help. The trait tends to come back if people stop medications or stop doing the work they learned in therapy

People with this trait are at higher risk for depression. They are more likely to interpret ordinary situations as threatening, and minor frustrations as hopelessly difficult. They have a low tolerance for stress. Their negative emotional reactions tend to persist for unusually long periods of time, which means they are often in a bad mood.

Neuroticism is not a diagnosis – it's a trait – but it does put people at risk for psychiatric problems, particularly depression and anxiety.

—Chris Aiken, MD, updated 6/28/2025

A test for neuroticism

1. I Am relaxed most of the time.
 - Very inaccurate
 - Moderately inaccurate
 - Neither inaccurate nor accurate
 - Moderately accurate
 - Very accurate
2. I Dislike myself.
 - Very inaccurate
 - Moderately inaccurate
 - Neither inaccurate nor accurate
 - Moderately accurate
 - Very accurate
3. I Worry about things.
 - Very inaccurate
 - Moderately inaccurate
 - Neither inaccurate nor accurate
 - Moderately accurate
 - Very accurate
4. I Panic easily.
 - Very inaccurate
 - Moderately inaccurate
 - Neither inaccurate nor accurate
 - Moderately accurate
 - Very accurate
5. I Am very pleased with myself.
 - Very inaccurate
 - Moderately inaccurate
 - Neither inaccurate nor accurate
 - Moderately accurate
 - Very accurate
6. I Rarely get irritated.
 - Very inaccurate
 - Moderately inaccurate
 - Neither inaccurate nor accurate
 - Moderately accurate
 - Very accurate
7. I Get stressed out easily.
 - Very inaccurate
 - Moderately inaccurate
 - Neither inaccurate nor accurate
 - Moderately accurate

Very accurate

8. I Am often down in the dumps.

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

9. I Seldom get mad.

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

10. I Fear for the worst.

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

11. I Am not easily frustrated.

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

12. I Am not easily bothered by things.

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

13. I Feel comfortable with myself.

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

14. I Often feel blue.

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate

Very accurate

15. I Seldom feel blue.

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

16. I Have frequent mood swings.

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

17. I Remain calm under pressure.

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

18. I Feel threatened easily.

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

19. I Rarely lose my composure.

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

20. I Am filled with doubts about things.

- Very inaccurate
- Moderately inaccurate
- Neither inaccurate nor accurate
- Moderately accurate
- Very accurate

Full test at:

www.123test.com/personality-test/