Use the following psychological fortitude rating system as a quick self-check for how you are doing or when you want to check on someone else. I really like a 0-10 rating scale because you do not have to overthink it. You can do a quick evaluation and without a long list of questions or the alternative of saying you’re “fine” or “blessed and highly favored” because that’s what you say even when you’re not doing so well.

10

9

8

7 would pass as OK. You can recover from a very stressful day at work with just one glass of prosecco. You don’t have the wherewithal to cook fine, but you’ve had worse days and know that this too shall pass.

6

5

4

3 is not okay. You feel completely overwhelmed with life. If one more thing goes left, someone is going to catch hell. You have no idea how you ended up here and no way to get out.

2

1

0 would be the lowest possible level of psychological fortitude. Your circumstances are bleak, you have zero desire to go on with life, and it’s time to call someone you trust (or even text the crisis lifeline at 988) for help. *Don’t think. Just reach out for help.*

Looking at the ratings and descriptions above and your capacity to manage your emotions, your responsibilities, and your purpose, you estimate. **My psychological fortitude rating is:**

Keep in mind that it doesn’t have to be a perfect estimate but your best guess.

Think about your rating at this moment. Take a moment to reflect on why you gave yourself the rating that you did.