

Toxic Personality Test

Name: _____ Age: _____

Date: _____ dd / mm / yyyy

This test is designed to help identify patterns in behavior and thinking that may be indicative of a toxic personality. Answer the following questions honestly to gain insights into your interpersonal interactions and self-awareness.

Rate how much you agree with these statements, from 1 (strongly disagree) to 5 (strongly agree).

SECTION 1: SELF-REFLECTION

1. I often find myself criticizing others, even for minor things.

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

2. I struggle to admit when I am wrong or have made a mistake.

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

3. I frequently feel jealous or envious of others' success or happiness.

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

4. It's hard for me to genuinely feel happy for others.

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

5. I often manipulate or control situations to get what I want.

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Total score: _____

SECTION 2: INTERPERSONAL RELATIONSHIPS

1. People often tell me I'm difficult to get along with.

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

2. I have a history of conflicts or fallouts in my personal relationships.

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

3. I tend to blame others for my problems or negative feelings.

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

4. I find it challenging to maintain long-term relationships.

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

5. My relationships often feel intense but unstable.

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Total score: _____

SECTION 3: EMOTIONAL REGULATION

2. I often feel angry or irritable without a clear reason.

☐

☐

☐

☐

☐

1

2

3

4

5

3. Small things can easily upset or annoy me.

☐

☐

☐

☐

☐

1

2

3

4

5

4. I struggle to let go of negative feelings or grudges.

☐

☐

☐

☐

☐

1

2

3

4

5

5. I feel overwhelmed by my emotions more often than not.

☐

☐

☐

☐

☐

1

2

3

4

5

Total score: _____

REFLECTION AND ACTION PLAN

Were you completely honest with your answers? What new insights did you discover about yourself?

Action Plan from Your Mental Health Professional

Additional Notes and Reminders from Your Mental Health Professional