Flat or Fine?

DATE

Start with a traction check. Rate each one from 0 to 10.

How connected am I to what I actually want?

How able am I to act on what matters to me?

How much of my effort runs on pressure or obligation?

One thing I want more of, even if it doesn't make me more productive:

Low want and high pressure: you're running flat. High want and low action: you're spinning out. Low on everything: fill in the rest of this page and get the car checked.

If you've worked the basics for 30 days and you're still flat, fill in the rest and take it to your doctor. It will save you both time.

Over the last two weeks, how often have you...

	Not at all	Several days	More than half the days	Nearly every day
Had little interest or pleasure in doing things	☐	☐	☐	☐
Felt down, depressed, or hopeless	☐	☐	☐	☐
Felt irritable or had anger flare-ups	☐	☐	☐	☐
Drank more or used more to take the edge off	☐	☐	☐	☐
Taken risks you normally wouldn't	☐	☐	☐	☐
Pulled away from people you care about	☐	☐	☐	☐

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Your body

Question	Your answer
Average hours of sleep. Do you snore, or wake up exhausted?	
Energy most afternoons (0 to 10)	
Sex drive compared with a year ago (higher, same, lower)	
Drinks per week	
Exercise sessions per week	
Medications and supplements you take	
Do you want children in the future?	
How long have you felt this way?	

What I tried for 30 days, and what changed:

Questions to ask my doctor: Should we check my testosterone twice, in the morning? Should we check my thyroid, blood count, blood sugar, and vitamin D? Do I need a sleep study? Could this be depression?

When It's More Than a Book See your doctor or a therapist if you've felt down, hopeless, or uninterested in things on most days for two weeks or more, if your anger, drinking, or risk-taking is scaring you or the people around you, or if you've worked the basics for 30 days and nothing has moved. If you're having thoughts of not wanting to be here, call or text 988.