

Toxic Personality Test

Name: _____ Age: _____ Date: _____

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.

Disclaimer: This test is for self-reflection and informational purposes only. It is not a diagnostic tool and should not be used to label or judge oneself or others.

Section 1: Self-reflection					
Rate how much you agree with these statements, from 1 (strongly disagree) to 5 (strongly agree).	1	2	3	4	5
I often find myself criticizing others, even for minor things.					
I struggle to admit when I am wrong or have made a mistake.					
I frequently feel jealous or envious of others' success or happiness.					
It's hard for me to genuinely feel happy for others.					
I often manipulate or control situations to get what I want.					
Total score:					
Section 2: Interpersonal relationships					
Rate how much you agree with these statements, from 1 (strongly disagree) to 5 (strongly agree).	1	2	3	4	5
People often tell me I'm difficult to get along with.					
I have a history of conflicts or fallouts in my personal relationships.					
I tend to blame others for my problems or negative feelings.					
I find it challenging to maintain long-term relationships.					
My relationships often feel intense but unstable.					
Total score:					

Section 3: Emotional regulation

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

1

2

3

4

5

I experience frequent mood swings or intense emotions.

I often feel angry or irritable without a clear reason.

Small things can easily upset or annoy me.

I struggle to let go of negative feelings or grudges.

I feel overwhelmed by my emotions more often than not.

Total score:

Scoring and interpretation

Scoring:

Interpretation:

- **15–29: Low toxic traits**

Your responses suggest a healthy level of self-awareness and emotional balance. While everyone has occasional challenges, your answers indicate that toxic traits may not be a significant concern for you at this time.

- **30–44: Moderate toxic traits**

Your answers suggest that you may occasionally display behaviors or patterns that could affect your relationships or emotional well-being. It might be helpful to reflect on these areas and consider small changes or healthy coping strategies.

- **45–59: High toxic traits**

Some of your responses suggest patterns that may be affecting your relationships, emotional regulation, or overall mental wellness. Exploring these further—whether through journaling, open conversations, or talking to a mental health professional—could offer clarity and support growth..

- **60–75: Very high toxic traits**

Your score suggests that certain behaviors may be regularly impacting your relationships or day-to-day functioning. If these patterns feel familiar or difficult to manage, reaching out to a therapist or counselor could be a positive next step toward understanding and change.

Additional notes