

Here's a quiz to help you assess **if you are losing control of your emotions in the presence of a toxic person**. Answer the following questions with "Yes" or "No" based on your experiences:

1. Do you often find yourself feeling overwhelmed or anxious when interacting with the toxic person?
2. Do you frequently feel provoked or agitated by their words or actions, even in relatively minor situations?
3. Are you finding it increasingly challenging to stay calm and composed during conflicts or arguments with the toxic person?
4. Do you frequently find yourself reacting impulsively or explosively to the toxic person's behavior, saying or doing things you later regret?
5. Are you experiencing a significant increase in irritability, anger, or frustration when dealing with the toxic person?
6. Do you feel like you have little control over your emotions when the toxic person is present, experiencing emotional highs and lows depending on their actions?
7. Have you noticed a decline in your ability to think rationally and make clear decisions when interacting with the toxic person?
8. Are you feeling emotionally drained or exhausted after spending time with the toxic person, even if the interaction was brief?
9. Do you find yourself constantly ruminating or obsessing over the toxic person's words or actions, unable to let go of negative thoughts and emotions?
10. Have you noticed a decrease in your overall well-being, self-esteem, or mental health due to your interactions with the toxic person?

**Remember, this quiz is not a definitive assessment and should not replace professional advice. If you answered "Yes" to several of these questions and are concerned about your emotional well-being in the presence of a toxic person, it may be beneficial to seek support from a mental health professional who can provide guidance and strategies for emotional regulation and coping.**