

How sane are you?? Would you be impressed if I told you you could find out in just a few minutes? I will also be very accurately describing just how messed up you really are with the help of a precise numbering system! Add all scores that apply in the following questions. Remember, just because high scores sound impressive, it's not good to be mental. The very same thing confused me for a while, but I've matured. You should too. I have written another mental health quiz in my One Screwy Week book, but the one here is both different and far easier to find. Vital in an emergency. I have to admit this quiz isn't so different to my driving one. Maybe that suggests I'm a bad driver. The quiz is also similar to the 'how punk are you' one, the 'how good are you at life' one and the 'how nice are you' one. All of them are pretty crazy, but there are coincidences in life and I wouldn't analyse that, let's go!

1. Let's cut to the chase. Do you hear voices?

- A. Yes, my own thoughts. (0 points)
- B. Yes, my thoughts and the thoughts of my dog. (1 point)
- C. I have recurrent hallucinations saying 'shizzle my nizzle'. (2.1 points)
- D. I hear episodes of Teletubbies, over and over and over again, and I just want them to stop! :S (3 points)

2. I find it extremely draining...

- A. Assembling beds. (1 point)
- B. Getting out of bed. (2 points)
- C. Lying in bed. (3 points)
- D. When someone else says the word 'bed'. (4 points)
- E. None of the above. :O (0 points)

3A. I have a delusion where...

I'm king Charles. (1 point)

3B. Are you king Charles?

Yes. (Take one point away if you added a point in 3A).

No. (Add another point).

4A. I have a belief that...

- A. I could never be a pizza, it doesn't work like that. (0 points)
- B. I am a pizza and I know that for a fact! :O (1 point)

4B. If the latter, how did you come to that conclusion?

- A. I read one of Simon's stories. (0 points)
- B. I haven't read anything by Simon, I realised that after much thought and hard concentration. Jealous? (1 point)

5. I have delusions where...

- A. I'm a jellyfish called Ben. (1 point)
 - B. I'm a jellyfish and Ben's sworn enemy, Ken. (1 point)
- (You're not both jellyfish are you??)

6. Which of these sound plausible to you?

- A. Joe Biden caused WW2 by coughing and adjusting his sunglasses at the same time. That's a huge no no I'm too scared to go into. Gotta go! :S (1 point)
- B. The coronavirus wasn't caused by animals or a lab leak, it was caused by an old lady knitting socks wrong. (1 point)
- C. The real reason Simon Cowell wears shoes is because his feet are potatoes. (1 point)

7. How many personalities do you have?

- A. Just the one, and it's great. :) (0 points)
 - B. Just the one, but it's horrible. (1 point)
 - C. Two. One's an asshole, the other's an asshole as well. (2 points)
 - D. Five. All are bellends, you can only tell the difference by their names. Their names are Jabble, Jebble, Jibble, Jobble, Jubble. You frequently call yourself by those names and people run in fear. (3 points)
- Ten million. (4 points)

8A. You hear people saying you...

- A. Are one of the most mentally diseased freaks of all time, you should be left to rot in a secure mental home until you die. (1 point)
- B. Are really annoying. (1 point)
- C. Are worse to be around than monkey foaming at the mouth and waving a hammer. (1 point)

8B. If so, that has been said by...

- Well educated intellectuals. (1 point)
- Toddlers who are barely old enough to speak. (2 points)

8C. If so, that gets said...

- 1. Only on dark days. (0 points)
- 2. Every time I meet someone. (1 point)

9A. I've...

Woken up with someone else's shoes on my bed and I don't know how they got there. (1 point)

9B. I've...

I've put my own shoes on someone else's bed as a practical joke. (Me too! At least I tried, I got caught). (0 points)

Had a conversation with my pet fish. (1 point)

I've had a conversation with dead fish found in a sushi restaurant. It was deep. (1 point)

9C. If so, what was the reaction?

- A. Laughter (possibly nervous). (1 point)
- B. Cold, hard stares. (1 point)
- C. Fear. (1 point)

10A. Can you read people's thoughts?

- A. Yep. (1 point)
- B. No. (0 points)

10B. If so, what do they say?

- 'I know you're reading my thoughts. Hello!' (1 point)
- 'Bleblebleb'. (2 points)

10C. If bleblebleb, do you really think that's likely?

- A. No, but that's what's happened. I'm just as confused as you. (1 point)
- B. Yes, what nutters. (2 points)

11A. Can you fly?

- A. No. (0 points)
- B. Yes! (1 point)

11B. If so, have you tried?

- A. No. (0 points)
- B. Yes. (1 point)

11C. If yes, what happened?

- A. It went pretty well... (0 points)
- B. Worst pain imaginable. (1 point)

Scoring system: First up, if your score has .1 at the end of it, I know who you are, you're a college friend! Shizzle my nizzle, it has to be you! That's the genius of the quiz design. I like saying 'shizzle my nizzle' too. It just has a catchiness about it! Right, 0 points: Your brain is in fine shape. Go ahead and fly a plane, operate on someone's brain, or even lead the country!

1-4 points: You're at least reasonably normal. Maybe don't do the prior jobs, but you're more than trusted to cut my hair. An important task, it must be fluffy yet manly at all times.

5: You have one thing about you that is seriously wrong. NOW you can't cut my hair.

6-10: You have multiple things that are seriously wrong with you. Not only are you capable of cutting hair badly, you could prod people with scissors and I wouldn't be at all surprised.

11-17: You really need to be in hospital.

18-51: The higher the score, the longer the stay, basically.

51.1: You are clearly suffering from extreme mental illness. Even at my lowest point I have been quite like you. Sort yourself out.

More than 51.1: Such a high score isn't really possible, so you might want to take the test again. P.S., look over there! Yep, I've just ran away. Loon.

Right, all done! As a teenager, I hung around the 17 area. There were some question answers that didn't completely apply to me here, but they vaguely did and I decided that was enough. Maybe you will for your own test, too. :) Bye!