

U-Shape Tendency Self-Check

Dr. Yves J. Hilpisch¹ with GPT 5.1

Read First

Disclaimer: This is an informal, self-reflective instrument. It is not a clinical or diagnostic tool and should not be used to make mental-health, hiring, medical, or high-stakes decisions. If you have concerns about mood, behaviour, or wellbeing, consult a qualified professional.

Instructions: For each statement, mark how often it fits you on a 1–7 scale (1 = never, 7 = almost always). The mix of items intentionally blends different domains and directions; respond quickly and honestly.

Optional context: Think about the last 6–12 months across work, home, and social settings.

Response Grid

Mark 1–7 for Each Item

#	Prompt	1	2	3	4	5	6	7
1	My days tend to flip between deep solitude and high-energy social time.							
2	I prefer moderate, predictable routines over spikes of intensity.							
3	I often feel pulled toward two opposite options, depending on context.							
4	I keep most habits and emotions in a narrow, steady band.							
5	I notice I thrive either under extreme pressure or with total freedom—rarely in the middle.							
6	I actively avoid strong highs or lows; I aim to keep things level.							
7	My creativity comes in bursts separated by long stretches of recovery.							
8	I am most engaged when things are balanced and predictable.							
9	Feedback suggests I can appear either intensely assertive or surprisingly reserved.							
10	I tend to stay within moderate ranges of emotion and energy.							
11	I deliberately push into extremes to see what happens, then retreat.							
12	I find it uncomfortable to shift between very different roles or speeds.							
13	My schedule alternates between sprints and full unplug days.							
14	I prefer single, stable identities over wearing different hats.							

¹Get in touch: <https://linktr.ee/dyjh>. Main paper: <https://hilpisch.com/ushape.pdf>.

Scoring for Facilitators (optional)

Hidden Key: Do Not Share Before Taking

Group A (U-shape leaning): 1, 3, 5, 7, 9, 11, 13.

Group B (mid-curve leaning): 2, 4, 6, 8, 10, 12, 14.

For A items, higher scores push toward a U-shape tendency; for B items, higher scores push toward a bell/middle tendency. Convert B items by reverse-coding: $r = 8 - \text{score}$.

Suggested readout (non-clinical): Average the A items (after any missing-data handling), average the reverse-coded B items, then average those two means to get a 1–7 “U-shape tendency index”. Rough guide: 1–3 suggests a predominantly bell-like pattern, 3–5 a mixed or context-driven pattern, 5–7 a stronger U-shaped tendency. Emphasise that this is descriptive, not prescriptive or diagnostic.

Debrief Prompts (self-use)

Reflect Without Self-Labeling

1. Where do extremes serve you (performance, creativity, crisis response)? Where do they cost you (health, relationships, consistency)?
2. Which environments amplify your swings, and which smooth them?
3. If you wanted to test a “more middle” week or a “safe extreme” sprint, what would you change first?