

Mental Health Self-Inventory: The Fractal Field Across Seven Dimensions

Read the article first. This inventory accompanies [The Fractal Field of Mental Health](#) at ThoughtsFromATherapist.com, which describes each dimension, what it looks like when coherent and when not, and how the dimensions feed one another. Search “fractal field” on the site to find it.

Mental health is not a fixed state. It is a living field of coherence across seven dimensions: individual, relational, embodied, integrity, dialectical, engaged, and interconnectedness. They are not stages, and no one arrives at the seventh. This is not a screener and it gives no diagnosis. Instead of asking what is wrong, we ask where coherence has narrowed, where, and with whom.

THE DIMENSIONS Seven, each linked to the rest	Each dimension both gives to and receives from the others. When one falters, another compensates; when one awakens, all brighten. So a single row never tells the whole story.
THE MARKS Two ways to narrow	Every dimension can narrow in two directions, too little or too much, and both cost us. Mark the dot that fits most of the last few weeks. The larger middle dot is coherence: not perfection, a capacity to stay in rhythm with complexity.
THE CONTEXT Where or with whom	After each dimension, name where it tightens: a relationship, a setting, a time of day. The same dimension can be coherent with a friend and narrowed with a parent.
READING IT A profile, not a score	No totals and no cutoffs. We look at the shape: which dimension is carrying the others, which one tightened most, and what adaptive intelligence the pattern might hold. <i>Where has coherence narrowed?</i> <i>Where has communication between parts of me become strained?</i> <i>What might this pattern have been protecting?</i>

A WORKED EXAMPLE: THE GARDENER

THE STORY	A gardener stays in a job that does not fit him. “I can do it and people count on me to do it.” He has too much integrity to leave.
INTEGRITY	Running high. The noble attribute keeps him from manifesting his potential.
ENGAGED	Running low. He grows more and more emotionally tired, and the fields take even more energy.
RELATIONAL	His partner softly asks him to remedy the emotional burden that has fallen on the family.
DIALECTICAL	The double bind: it takes integrity to follow a rule, and it takes integrity to go against a rule.
ONE INQUIRY	If I could hold a different relationship with change, what decisions would I make?

Self, relationship, body, and values

Mark the dot that fits most of the last few weeks. Then name where or with whom it tightens.

INDIVIDUAL: SELF AND STORY

		TOO LITTLE		COHERENT		TOO MUCH
Identity	Unsure who I am across contexts. The self feels lost.	☐	☐	☒	☐	☐
Self-regard	Self-erasure.	☐	☐	☒	☐	☐
My story	Experience feels fragmented, without continuity.	☐	☐	☒	☐	☐

Filling this in on a screen: click a dot and type the letter for the mark.

Where or with whom does this dimension tighten?

RELATIONAL: TRUST AND DIFFERENTIATION

		TOO LITTLE		COHERENT		TOO MUCH
Closeness	Guarding so tightly I cannot be touched.	☐	☐	☒	☐	☐
Trust	Withheld.	☐	☐	☒	☐	☐
Others' feelings	I miss what the other person is feeling.	☐	☐	☒	☐	☐

Where or with whom does this dimension tighten?

EMBODIED: PRESENCE AND THE MOVEMENT OF FEELING

		TOO LITTLE		COHERENT		TOO MUCH
Sensation	Living from the neck up. Numb or absent.	☐	☐	☒	☐	☐
Feeling	Held in until it becomes ache or apathy.	☐	☐	☒	☐	☐
Compartments	I cannot pause a feeling to do what the moment needs.	☐	☐	☒	☐	☐

Where or with whom does this dimension tighten?

INTEGRITY: VALUES INTO ACTION

		TOO LITTLE		COHERENT		TOO MUCH
Values and action	Saying one thing, feeling another, doing a third.	☐	☐	☒	☐	☐
Follow-through	Avoidance or inconsistency. Self-trust weakens.	☐	☐	☒	☐	☐
Morality	Morality becomes avoidance.	☐	☐	☒	☐	☐

Where or with whom does this dimension tighten?

Tension, participation, and belonging

Same marks: the dot that fits most of the last few weeks, then where or with whom.

DIALECTICAL: HOLDING OPPOSITES

		TOO LITTLE		COHERENT		TOO MUCH
Tension	Either-or. I choose a side too early for the comfort of certainty.	☐	☐	☒	☐	I see every side so well that I never take one.
Advocacy	Only my side is real.	☐	☐	☒	☐	I understand everyone's side but my own.
Ambiguity	The mind grasps for certainty.	☐	☐	☒	☐	Overwhelmed by complexity. Thinking becomes disorganized.

Where or with whom does this dimension tighten?

ENGAGED: CREATIVE PARTICIPATION

		TOO LITTLE		COHERENT		TOO MUCH
Action	Apathy. Withdrawal from participation.	☐	☐	☒	☐	Compulsion. Productivity becomes avoidance.
Rest	Stillness without vitality.	☐	☐	☒	☐	Stillness feels like failure.
Worth	Participation feels pointless.	☐	☐	☒	☐	Worth measured by output. Exhaustion mistaken for meaning.

Where or with whom does this dimension tighten?

INTERCONNECTEDNESS: THE LARGER FIELD

		TOO LITTLE		COHERENT		TOO MUCH
Belonging	Isolated or alienated, even in community.	☐	☐	☒	☐	Responsible for the whole world, with no place to stand.
Meaning	Directionless. Meaning collapses into nihilism.	☐	☐	☒	☐	Meaning hardens into rigid ideology.

Where or with whom does this dimension tighten?

WHAT I NOTICED WHILE MARKING

Which rows were easy to mark, and which made me pause?

The shape of the field

Mark where each dimension mostly sits overall. This is a profile, not a score.

MY PROFILE

	TOO LITTLE				COHERENT				TOO MUCH
Individual	Lost self	☐	☐	☐	☒	☐	☐	☐	Fixed identity
Relational	Isolation	☐	☐	☐	☒	☐	☐	☐	Fusion
Embodied	Numb, neck up	☐	☐	☐	☒	☐	☐	☐	Flooded
Integrity	Avoidance	☐	☐	☐	☒	☐	☐	☐	Rigidity, performance
Dialectical	Either-or	☐	☐	☐	☒	☐	☐	☐	Every side, no stand
Engaged	Apathy	☐	☐	☐	☒	☐	☐	☐	Compulsion
Interconnectedness	Alienation	☐	☐	☐	☒	☐	☐	☐	Carrying the world

CARRYING

Which dimension is carrying the others?

When one falters, another compensates. Which one is working hardest right now, and for which?

NARROWED

Which dimension tightened most?

Where and with whom? What adaptive intelligence might this pattern hold?

ONE INQUIRY FOR THE DIMENSION THAT TIGHTENED MOST

Choose one question and stay with it for a week.

Individual: Which of my identities feel most alive, and which feel inherited?

Relational: Where does closeness nourish, and where does it constrict?

Embodied: Where in my body lives a feeling that seldom finds air?

Integrity: For one decision, what value, emotion, and logic are in it?

Dialectical: What truth does each side of my tension protect?

Engaged: When was I last completely absorbed, and what vanished first?

Interconnectedness: Where do I begin and end within a living system?
