

Anxiety Related Questions

Below is a list of symptoms that are sometimes associated with anxiety. Please carefully read each item in the list and rate how much you have observed the symptom in the last two weeks, including today, by placing a check in the corresponding space in the column next to the symptom.

Symptoms	Not all	Rarely, Does not bother me	Sometimes, Disruptive	A lot, Interferes with my life
Nervous				
Feel hot and/or sweaty				
Muscle tension				
Fear of something negative happening				
Nauseous				
Dizzy				
Light-headed				
Feeling overwhelmed				
Numbness or tingling in the extremities				
Chest tightness				
Moments of feeling shaky				
Feeling of losing control				
Shortness of breath				
Feeling like you were going to die				
Feeling flushed				
Feel like fainting				
Heart racing or pounding				
Chest pain or discomfort				
Feeling hot/cold sweat				
Anxious speaking in front of people				