



ANXIETY ASSESSMENT

Indicate how much you have been bothered by each symptom during the PAST WEEK, including today.	Not At All 0	Somewhat 1	Moderately 2	A Lot 3
ANXIOUS FEELINGS				
1. Anxiety, nervousness, worry, or fear				
2. Feelings that things around you are strange, unreal, or foggy				
3. Feeling detached from all or part of your body				
4. Sudden unexpected panic spells				
5. Apprehension or a sense of impending doom				
6. Feeling tense, stressed, “uptight,” or on edge				
ANXIOUS THOUGHTS				
7. Difficulty concentrating				
8. Racing thoughts or having your mind jump from one thing to the next				
9. Frightening fantasies or daydreams				
10. Feeling that you are on the verge of losing control				
11. Fears of cracking up or going crazy				
12. Fears of fainting or passing out				
13. Fears of physical illnesses or heart attacks or dying				
14. Concerns about looking foolish or inadequate in front of others				
15. Fears of being alone, isolated, or abandoned				
16. Fears of criticism or disapproval				
17. Fears that something terrible is about to happen				
PHYSICAL SYMPTOMS				
18. Skipping or racing or pounding of the heart (sometimes called “palpitations”)				
19. Pain, pressure, or tightness in the chest				
20. Tingling or numbness in the toes or fingers				
	Not At All 0	Somewhat 1	Moderately 2	A Lot 3



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21. Butterflies or discomfort in the stomach				
22. Constipation or diarrhea				
23. Restlessness or jumpiness				
24. Tight, tense muscles				
25. Sweating not brought on by heat				
26. A lump in the throat				
27. Trembling or shaking				
28. Rubbery or “jelly” legs				
29. Feeling dizzy, lightheaded, or off balance				
30. Choking or smothering sensations or difficulty breathing				
31. Headaches or pains in the neck or back				
32. Hot flashes or cold chills				
33. Feeling tired, weak, or easily exhausted				
COLUMN TOTAL				

TOTAL _____

- 0 - 4 Minimal or no anxiety
- 5 - 10 Borderline anxiety
- 11 - 20 Mild anxiety
- 21 - 30 Moderate anxiety
- 31 - 50 Severe anxiety
- 51 - 99 Extreme anxiety or panic

Source: Burns, David D. (1998). The Feeling Good Handbook. New York, NY: PLUME.