Anxiety Symptom Checklist

Anxiety symptoms fall into three categories: physiological, cognitive, and emotional. Check the following symptoms that apply to you at this time:

PHYSIOLOGICAL SYMPTOMS - Do you experience:

- ❑ Weakness all over?
- ❑ Rapid, pounding heartbeat or palpitations?
- ❑ Tightness around your chest?
- ❑ Hyperventilation (a feeling that you cannot get enough air)?
- ❑ Periodic dizziness and sweating?
- ❑ Muscle tension, aches, or tremors?
- ❑ Chronic fatigue?

COGNITIVE SYMPTOMS - Do you think to yourself:

- ❑ I can't carry on - I've got to get out of here.
- ❑ What if I make a fool of myself?
- ❑ People are looking at me all the time.
- ❑ I may be having a heart attack.
- ❑ I'm going to faint.
- ❑ Am I going crazy?
- ❑ I can't go on alone – there is no one to help.
- ❑ I can't go out - I may lose control.
- ❑ I feel confused and can't remember things.

EMOTIONAL SYMPTOMS - Do you feel:

- ❑ I have a good many fears that I can't get out of my mind.
- ❑ I feel like something terrible is going to happen.
- ❑ I worry excessively.
- ❑ I feel uneasy and alone a lot of the time.
- ❑ I often feel isolated, lonely, down in the dumps, or depressed.
- ❑ I feel I have no control over what happens to me.
- ❑ I feel embarrassed, rejected, and/or criticized.
- ❑ I often feel like screaming with anger.

Scoring

This checklist is not designed to be a diagnostic tool, but is rather intended to communicate the variety of symptoms experienced by people with high anxiety.

However, if you are experiencing *at least three symptoms in each category* then your anxiety level is starting to be a problem, especially if you experience the symptoms often. If you are experiencing *more than three symptoms in each category* and are not in treatment for an anxiety-related problem, then you should consult a Member Care consultant or other professional right away. It is better to be safe than regret your failure to take action at a later point. If taking this inventory causes you anxiety, you probably need to get some help.