

Self Test

ANXIETY

Check all that apply to you:

- I feel rushed and pressured a lot.
- I find it difficult to relax.
- I have a paralyzing fear of specific things (bridges, heights, small spaces, spiders, etc.)
- I often feel a sense of dread or impending doom.
- I worry excessively.
- I have difficulty being still – fidgeting, squirming,.
- I have trouble falling asleep – can't turn my mind off.
- I think about the same thing, over and over, ruminating about it.
- I have difficulty concentrating due to obsessive thoughts.
- I am hypervigilant – always waiting for something to happen.
- I sometimes have shortness of breath or rapid heartbeat.
- I am afraid to enter a room or interact with people.
- I don't like to leave my home.
- I have trouble making decisions for fear of making the wrong choice.
- I feel nervous much of the time.

If you marked more than four of these statements, you may have anxiety. Some of these symptoms are related to other medical or psychological problems, as well. Contact me to talk more about your responses.