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.

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