



Anxiety Symptoms Checklist

Emotional Symptoms Mark "Yes" or "No" To All That Apply	YES	NO
1. Feeling nervous a lot of the time		
2. Having a feeling of impending dread or doom		
3. Difficulty focusing or concentrating		
4. Feeling irritable or agitated		
5. Feeling uneasy or on edge		
6. Expecting the worst possible outcome		
7. Feeling tense and jittery		
8. Feeling worrisome		
9. Feeling stressed and uptight		
10. Being on the lookout for danger		

Physical Symptoms Mark "Yes" or "No" To All That Apply	YES	NO
1. Increased heart rate or palpitations		
2. Feeling dizzy or faint		
3. Excessive breathing or hyperventilation		
4. Queasy Stomach		
5. Sweating not brought on by heat		
6. Increased or decreased desire to eat		
7. Muscle tightness or tension		
8. Headaches or migraines		
9. Sleeplessness		
10. Sudden hair loss		
11. Callousness or numbness		
12. Trembling or shaking		