Instructions: To discover the role anxiety plays in your life, complete the following anxiety self-assessment quiz. Check the box next to the question to indicate a “Yes” answer.

THOUGHTS AND BEHAVIORS
Do you often...?

☐ Find yourself thinking about bad things that might happen in the future?
☐ Have a powerful, ongoing fear of social situations involving people you don’t know well?
☐ Feel overwhelmed or “stressed out”?
☐ Have unrealistically high expectations of yourself?
☐ Feel unable to control your anxious feelings?
☐ Generally feel worried. Have you felt this way for six months or more?
☐ Worry about disappointing or not pleasing others?
☐ Feel trapped in, or avoid social situations where it might be difficult to escape if you wanted to, such as in a crowd or on the highway?
☐ Have an ongoing fear of a specific object or situation, such as spiders, flying, heights, etc. for no apparent reason?
☐ Find it difficult to express undesirable emotions such as anger?
☐ Fear going to unfamiliar places or talking to unfamiliar people alone?
☐ Feel afraid or anxious because of a traumatic event in your past that involved actual or threatened harm to yourself or someone you loved (such as abuse, a serious accident, war)?
☐ Avoid the things you’re afraid of?
☐ Experience racing or disturbing thoughts that you’re unable to get out of your mind?
☐ Have habits that you do repeatedly such as checking the clock, checking the door locks, or washing your hands, even though you know it’s not necessary?
☐ Feel that you must be perfect?
☐ Self-medicate by using sugar, caffeine, alcohol, nicotine, or prescription or illegal drugs to help you feel less anxious?
☐ Feel that anxiety interferes with your daily life?
☐ Fear being out of control?
ANXIETY ASSESSMENT

☐ Find yourself using words such as “can’t,” “should,” and “have to”?
☐ Push yourself to do more, even when you’re physically and mentally exhausted?

PHYSICAL SYMPTOMS
Do you often…?

☐ Feel short of breath or have difficulty taking deep breaths?
☐ Feel fatigued?
☐ Feel tense?
☐ Feel that your heart is racing?
☐ Experience repeated panic attacks that include intense fear and physical symptoms?
☐ Have difficulty concentrating?
☐ Feel moody or irritable?
☐ Feel “spacey” or disconnected from your body?
☐ Feel numbness or trembling?
☐ Feel dizzy or lightheaded?
☐ Experience uncomfortable physical symptoms when you think about or are in a situation that makes you feel anxious?

Have you noticed…?

☐ Recent changes in your sleep or eating patterns?
☐ That you hide your symptoms from others?

If you responded “Yes” to four or more questions and have felt this way for more than a few weeks, you may suffer from an anxiety disorder.

In this case, you might want to contact the Personal Mental Health Counselor at 740-364-9578 or visit the Office of Student Life, The John L. & Christine Warner Library and Student Center, room 226.