

1 | ANXIETY ASSESSMENT

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?

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- 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.