

ANXIETY SYMPTOMS CHECKLIST

GENERALIZED ANXIETY DISORDER

- Worry about a lot of different things
- Worry for several hours each day
- Physical symptoms, like feeling irritable, restless, or tense
- Cognitive symptoms, like trouble concentrating or making decisions
- Trouble sleeping most nights

PANIC DISORDER

- You experience very intense, short term instances of severe anxiety
- While having the attacks you experience increased heart rate, shortness of breath, sweating, shaking, chest tightness, dizziness, stomach distress, heat/chills, tingling, or numbness
- While having the attacks you are afraid you might be dying, going crazy, or having a medical emergency
- Not doing things you used to because you're afraid of having another attack

AGORAPHOBIA

- There are places you won't go because you're afraid you'll have a panic attack
- You are only able to go places if you have someone go with you
- You need to have your phone, medication, or other safety objects with you in case you have an attack

SOCIAL ANXIETY DISORDER

- Worrying what others think of you
- Blushing, sweating, shaking, or quivery voice in social situations
- Feeling self-conscious and evaluating the situations in real time
- Rehearsing before social interactions or phone calls
- Trouble making friends or starting romantic relationships
- Avoiding social situations

SPECIFIC PHOBIA

- Anxious apprehension about the possibility of confronting your fear
- Intense anxiety when you have to be around your feared object or in your feared situation
- Avoidance of the object/situation if at all possible
- Your fear of the object/situation has caused problems at home, at work/school, or in relationships

ILLNESS ANXIETY DISORDER

- Often preoccupied with your body and fears about your health
- Frequently search the internet for health related information
- Often check your body or scan your body for sensations or symptoms
- Ask others over and over about your sensation/symptom
- Avoid places or situations that might trigger uncomfortable sensations (exercise, caffeine, heat, etc.)

OBSESSIVE COMPULSIVE DISORDER

- Have distressing thoughts pop into your mind over and over
- Feel preoccupied with these thoughts and why they're happening/what they mean
- Complete a physical behavior over and over to cope with the anxiety that comes from the thoughts (check, seek reassurance, search the internet)
- Complete a mental activity over and over or for a long time to cope with the anxiety that comes from the thoughts (ruminate, review, figure something out, overthink)
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