

My Anxiety / Worry Profile

Think about different situations in your life that cause concerns for you. Look at each descriptor below and **assign a number between 1 and 5 to each**. 1 being minimally and 5 being most definitely. Awareness about anxiety will help to develop coping strategies.

_____ Avoid or run away from anything that makes me nervous, worry or fear something.

_____ Worry excessively.

_____ Avoid situations that make me feel anxious.

_____ Think the worst most of the time.

_____ Feel anxious in many social situations.

_____ Rarely talk things out with a friend or family.

_____ My worry or anxious thoughts prevent me from doing many things.

_____ I don't like change and worry about it.

_____ I can't control my worry or feelings of being anxious.

_____ I have a difficult time concentrating.

_____ I worry about bad things happening.

_____ I struggle to cope with my feelings of fear, worry and being anxious.

