

Web site Anxiety Quiz

Anxiety is a feeling of dread, worry or fear. It is usually associated with particular situations. Stress is part of living. Normal anxiety is often a physical reaction that prompts us to act, such as “flight or fight “ hormones. When anxiety keeps us from enjoying life it’s time to seek help.

During the last month you have experienced:

	Never	Sometimes	Frequently	All the Time
Worry too much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Easily fatigued	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Easily annoyed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble sleeping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling on edge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble with constipation or diarrhea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Never	0 points
Sometimes	1 point
Frequently	3 points
All the time	5 points

Scoring

- 0-5 Normal anxiety
- 6-10 Probably normal reactions, but it wouldn’t hurt to rule out medical causes before talking to a therapist.
- 10-17 You may be experiencing a serious anxiety disorder. If your physician has ruled out a medical cause you should seek therapy to help you through this difficult time.
- 18-30 This degree of anxiety could seriously affect your quality of life. Consider having a complete physical to rule out any medical problems. Please contact a qualified therapist as soon as possible. Get yourself back on the road to enjoying life.

