



# The Anxiety Survey

Feeling anxious and worried some of the time, is normal. Anxiety can come in the form of physical symptoms such as a racing heartbeat, sweaty hands or being jittery or feelings of intense worry. However, if these symptoms feel too intense or never ending and begin to interfere with your daily life, you may have an anxiety disorder.

Please consider each question and answer 'yes' or 'no'.

Questions	Yes	No
Do you find yourself feeling jittery, restless or “on edge”?		
Do you find yourself worrying constantly about everything (for example: events or activities such as work, school, or your health)?		
Is your worrying “out of control”?		
Do you find yourself unable to relax?		
Do you feel irritable, moody and easily angered?		
Do you feel a sense of foreboding, like something bad may happen?		
Do you feel physically tense (for example: muscle tension)?		
Has your sleep quality changed (for example: unable to fall asleep, stay asleep)?		
Have your eating habits changed (for example: having little appetite, eating a lot)?		

*Please note:* This is **not a formal diagnostic tool** but can be a useful conversation starter with your doctor or therapist. Feel free to print this out and bring it to your next appointment.