

Anxiety/Worry Questionnaire



Look at each of the questions below and answer them to the best of your ability.

1. List 3 situations that make you uncomfortable and that will make you feel anxious or worried: (*public speaking, large crowds, asking for help, ...*)
2. Explain a time when you were extremely worried.
3. What type of situations do you prefer to avoid? Why?
4. Describe a time when you couldn't sleep at night, what prevented you from sleeping?
5. What prevents you from relaxing?