Anxiety Checklist

Whenever I Feel Anxious...



- [ ] My heart beats really fast
- [ ] I feel afraid
- [ ] I have trouble breathing
- [ ] I have thoughts of everything that could go wrong
- [ ] I have trouble taking or my voice trembles
- [ ] I start to sweat a lot
- [ ] My stomach or my head starts to hurt
- [ ] I feel like running away
- [ ] My mind goes really fast
- [ ] I get really ‘jumpy’
- [ ] I think something terrible Is about to happen
- [ ] I get a ‘lump’ In my throat
- [ ] I feel like running away or being by myself
- [ ] My chest starts to feel tight
- [ ] I feel out of control
- [ ] I lose focus
- [ ] I start to shake

- [ ] I feel dizzy or I feel like I am about to faint

Make and Share Free Checklists
checkli.com