

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 talking 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