

BECK ANXIETY INVENTORY

Below is a list of common symptoms of anxiety. Please carefully read each item in the list. Indicate how much you have been bothered by that symptom during the past month, including today, by ENTER the number in the corresponding space in the column next to each symptom.

| SYMPTOMS |
|-----------------------------|
| Numbness or tingling |
| Feeling hot |
| Wobbliness in legs |
| Unable to relax |
| Fear of worst happening |
| Dizzy or lightheaded |
| Heart pounding/racing |
| Unsteady |
| Terrified or afraid |
| Nervous |
| Feeling of choking |
| Hands trembling |
| Shaky / unsteady |
| Fear of losing control |
| Difficulty in breathing |
| Fear of dying |
| Scared |
| Indigestion |
| Faint / lightheaded |
| Face flushed |
| Hot/cold sweats |
| Column Sum Press Enter |

RATING SCALE:

0 FOR NOT AT ALL

1 FOR MILDLY. BUT IT DID NOT BOTHER ME MUCH

2 FOR MODERATELY. IT WAS NOT PLEASANT AT TIME

3 FOR SEVERELY. IT BOTHERED ME AT LOT

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Scoring -

A grand sum between 0 - 21 indicates very **low**. That is usually a good thing. However, it is possible that you might be unrealistic in either your assessment which would be denial or that you have learned to "mask" the symptoms commonly associated with anxiety. Too little "anxiety" could indicate that you are detached from yourself, others, or your environment.

A grand sum between 22 - 35 indicates **moderate** anxiety. Your body is trying to tell you something. Look for patterns as to when and why you experience the symptoms described above. For example, if it occurs prior to public speaking and your job requires a lot of presentations you may want to find ways to calm yourself before speaking or let others do some of the presentations. You may have some conflict issues that need to be resolved. Clearly, it is not "panic" time but you want to find ways to manage the stress you feel.

A grand sum that exceeds 36 is a potential cause for concern. Again, look for patterns or times when you tend to feel the symptoms you have scored. Persistent and high anxiety is not a sign of personal weakness or failure. It is, however, something that needs to be proactively treated or there could be significant impacts to you mentally and physically. You may want to consult a physician or counselor if the feelings persist.