



The Centre For Cognitive · Behavioural Therapy

Professional, Confidential Counselling



Anxiety Symptom Questionnaire

Answer yes/no for each of the symptoms that correlate with anxiety to determine your anxiety quotient.

1	Do you have trouble with breathing and feel shortness of breath?	Yes / No
2	Does your heart race?	Yes / No
3	Do you fear losing control?	Yes / No
4	Are you afraid of dying?	Yes / No
5	Are you fearful of the worst happening?	Yes / No
6	Do you suffer from indigestion?	Yes / No
7	Do you feel unable to relax?	Yes / No
8	Do you often feel nervous?	Yes / No
9	Do your hands tremble?	Yes / No
10	Do you feel a sense of dread?	Yes / No