Calming the Storm – Anxiety Management

Group 5 Anxiety Inventory – Reveals Thoughts-Feelings-Behaviors around YOUR anxiety

Thoughts/Feelings/Behaviors	Never	Sometimes	Frequently	Most of the Time
	0	1	3	4

	0	1	2	3	4
Frequent worrying					
Trembling, twitching, feeling shaky					
Muscle tension, muscle aches, muscle soreness					
Restlessness					
Easily tired					
Shortness of Breath					
Rapid heartbeat					
Sweating not due to the heat					
Dry mouth					
Dizziness or light headedness					
Nausea, diarrhea, stomach problems					
Frequent urination					
Flushes, hot flashes, or chills					
Trouble swallowing or “lump” in the throat					
Feeling keyed up or on edge					
Quick to startle					
Difficulty concentrating					
Trouble falling or staying asleep					
Avoiding places where you might be anxious					
Frequent thoughts of danger					
Seeing myself as unable to cope					
Frequent thoughts that something terrible will happen					
Score of all circled numbers					

Note: the HIGHER your score – the more ANXIETY you experience on a daily basis. This inventory will be done in class at the beginning of the class to allow you to see how your anxiety levels have changed with your new learning and how YOU can get CONTROL of your anxiety.