

# SELF TEST ANXIETY

## ASSESSMENT REPORT

DATE

### CHECK ALL THAT APPLY:

- I feel rushed and pressured alot.
- I have difficulty concentrating due to obsessive thoughts.
- I have a paralyzing fear of specific things (bridges, heights, small spaces, spiders, etc.).
- I am hypervigilant – always waiting for something to happen.
- I find it difficult to relax.
- I sometimes have shortness of breath or rapid heartbeat.
- I have trouble falling asleep – can't turn my mind off.
- I am afraid to enter a room or interact with people.
- I often feel a sense of dread or impending doom.
- I have trouble making decisions for fear of making the wrong choice.
- I avoid trying new things as I am sure to fail.
- I don't like to leave my home.
- I think about the same thing, over and over, ruminating about it..
- I feel nervous much of the time.
- I worry excessively.

**Scoring**  
Count the check marks.  
0 – 5

*You might have a problem with self esteem.*

**6 & above Let's talk about ways to improve your anxiety.  
Email us at Real Fearless Her to set up a free consultation**