

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 taking 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