

Anxiety Awareness Measure

Rate how well each of the following items describes you in general.

0	1	2	3	4
very little	a little	some	much	very much

1. ____ If I feel knots in my stomach, I worry something is really wrong with me.
2. ____ When my heart flutters, I worry that I'm serious ill.
3. ____ When my chest hurts, I think I'm going to have a heart attack.
4. ____ I worry that any tightness in my chest means I'm going to be short breath.
5. ____ If I feel any tension in my throat, I know I'll choke.
6. ____ When my heart races, I start to get very afraid.

7. ____ If my thoughts are racing, I know I'm losing my mind.
8. ____ If my mind blanks out, it means there is something seriously wrong me.
9. ____ When I feel mentally off, I worry I have serious mental health issues.
10. ____ Not being able to control my thoughts, makes me worry I'm going crazy.
11. ____ When I can't concentrate, I think I'm losing control of everything.
12. ____ I get nervous when I can't focus on a task.

13. ____ I don't want to appear nervous in front of other people.
14. ____ If anyone sees me shaking, I think they will criticize me.
15. ____ I become really afraid when people notice my face reddening.
16. ____ If I sweat in front of others, I worry I will be criticized.
17. ____ I worry about passing out in public.
18. ____ I must hide my nervousness around others.