

Anxiety Quiz: Check each answer based on how you have felt over the last week.

___ 1) Do you tend to worry too much?

___ 2) Do you suffer from attacks of fear or panic?

___ 3) Are you easily startled or frightened?

___ 4) Do you become immobilized due to your fear of people or situations?

___ 5) Do you tend to be irritable?

___ 6) Do you have problems falling asleep or staying asleep?

___ 7) Do you tend to be restless, keyed up, or on edge?

___ 8) Do you suffer from muscle tension?

If you checked 4 or more of the above answers, you may be suffering from anxiety disorder. To find out more about how I can help, please call or e-mail me at 512-374-0100 or scott@scottkampschaeferlcs.com