

## Common Anxiety Symptoms

### Physical Symptoms

- Increased heart rate
- Shortness of breath
- Chest pain or pressure
- Choking sensation
- Dizziness, lightheadedness
- Sweating, hot flashes, chills
- Nausea, upset stomach, diarrhea
- Trembling, shaking
- Weakness, unsteadiness, faintness
- Tense muscles, rigidity
- Dry mouth
- Other: \_\_\_\_\_

### Behavioral Symptoms

- Avoidance** of threat cues or situations
- Escape**, flight
- Pursuit of safety, reassurance
- Restlessness, agitation, pacing
- Hyperventilation
- Freezing, motionlessness
- Difficulty speaking
- Other: \_\_\_\_\_

### Cognitive Symptoms

- Fear of losing control, being unable to cope
- Fear of physical injury or death
- Fear of “going crazy”
- Fear of negative evaluations by others
- Frightening thoughts, images, or memories
- Perceptions of unreality or detachment
- Poor concentration, confusion, distractibility
- Narrowing of attention, hypervigilance for threat
- Poor memory
- Difficulty in reasoning, loss of objectivity
- Other: \_\_\_\_\_

### Emotional Symptoms

- Feeling nervous, tense, wound up
- Feeling frightened, fearful, terrified
- Being edgy, jumpy, jittery
- Being impatient, frustrated
- Other: \_\_\_\_\_

Adapted from *The Anxiety and Worry Workbook* by Clark and Beck