

## Anxiety Screening Quiz

Check the questions that apply to you

		YES
1.	Do you often feel nervous or jittery?	
2.	Do you often find it difficult to relax or calm down?	
3.	Do you often feel tense, stressed or on edge	
4.	Do you often feel anxious in social situations?	
5.	Do you have fears of being criticized, judged, or disapproved of?	
6.	Do you often have concerns about looking foolish or inadequate?	
7.	Do you have difficulty concentrating and focusing when you are anxious?	
8.	Do you experience tingling or numbness in your hands or feet when you are anxious?	
9.	Do you experience butterflies or discomfort in your stomach?	
10.	Does your heart race or pound or feel heavy?	
11.	Are you often impatient or irritable?	
12.	Do you have a sense of apprehensiveness or impending doom?	

If you checked yes to 5 or more of the screening questions you may be experiencing some of the symptoms of anxiety. We recommend you speak to a counsellor and/or doctor immediately about how you are feeling.