Taking Stock of Your Anxiety

(Adapted in part from How to Control Your Anxiety before it Controls You, by Albert Ellis)

These are some common anxiety symptoms. Put a checkmark next to the ones you have experienced.

**Breathing/Chest Symptoms**
- Shortness of breath
- Rapid or shallow breathing
- Pressure on chest
- Lump in throat
- Choking sensations

**Muscular Symptoms**
- Shaking, tremors
- Eyelid twitching
- Startle reactions
- Fidgeting
- Pacing
- Insomnia

**Skin-Related Symptoms**
- Sweating
- Hot and cold spells
- Itching

**Heart/Blood Pressure Symptoms**
- Heart Racing
- Palpitations
- Faintness
- Increased/decreased blood pressure

**Cognitive/Emotional Symptoms**
- Intrusive thoughts
- Nightmares
- Depersonalization (feeling outside of yourself)
- Brief hallucinations
- Paranoia and fear
- Obsessing with no relief
- Consistent worry about everyday events

**Intestinal Symptoms**
- Loss of appetite
- Nausea or vomiting
- Stomach discomfort

**Behavioral Symptoms**
- Avoidance
- Irritability
- Compulsive, repetitive acts

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