Below is a list of common symptoms of anxiety. Please carefully read each item in the list. Indicate how much you have been bothered by each symptom during the PAST WEEK, INCLUDING TODAY, by placing an X in the corresponding space in the column next to each symptom.

<table>
<thead>
<tr>
<th>NOT AT ALL</th>
<th>MILDLY</th>
<th>MODERATELY</th>
<th>SEVERELY</th>
</tr>
</thead>
<tbody>
<tr>
<td>It did not bother me much.</td>
<td>It was very unpleasant, but I could stand it.</td>
<td>I could barely stand it.</td>
<td></td>
</tr>
</tbody>
</table>

1. Numbness or tingling.
2. Feeling hot.
3. Wobbliness in legs.
4. Unable to relax.
5. Fear of the worst happening.
6. Dizzy or lightheaded.
7. Heart pounding or racing.
8. Unsteady.
11. Feelings of choking.
14. Fear of losing control.
15. Difficulty breathing.
17. Scared.
18. Indigestion or discomfort in abdomen.
19. Faint.
20. Face flushed.
21. Sweating (not due to heat).

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