

Name \_\_\_\_\_

Date \_\_\_\_\_

**BURNS ANXIETY CHECKLIST****Instructions:** The following is a list of symptoms that people sometimes have.

Circle the number that best describes how much that symptom or problem has bothered you in the past week.

**ANXIOUS FEELINGS**

	Not At All	A Little	Moderately	A Lot
1. Anxiety, nervousness, worry or fear.	0	1	2	3
2. Feeling that things around you are strange, unreal or foggy.	0	1	2	3
3. Feeling detached from all or part of your body.	0	1	2	3
4. Sudden unexpected panic spells.	0	1	2	3
5. Apprehension or a sense of impending doom.	0	1	2	3
6. Feeling tense, stressed, uptight, or "on edge".	0	1	2	3

**ANXIOUS THOUGHTS**

7. Difficulty concentrating.	0	1	2	3
8. Racing thoughts or having your mind jump from one thing to the next.	0	1	2	3
9. Frightening fantasies or daydreams.	0	1	2	3
10. Feeling that you're on the verge of losing control.	0	1	2	3
11. Fears of cracking up or going crazy.	0	1	2	3
12. Fears of fainting or passing out.	0	1	2	3
13. Fears of physical illnesses or heart attacks or dying.	0	1	2	3
14. Concerns about looking foolish or inadequate in front of others.	0	1	2	3
15. Fears of being alone, isolated or abandoned.	0	1	2	3
16. Fears of criticism or disapproval.	0	1	2	3
17. Fears that something terrible is about to happen.	0	1	2	3

**PHYSICAL SYMPTOMS**

18. Skipping, racing or pounding of the heart.	0	1	2	3
19. Pain, pressure, or tightness in the chest.	0	1	2	3
20. Tingling or numbness in the toes or fingers.	0	1	2	3
21. Butterflies or discomfort in the stomach.	0	1	2	3
22. Constipation or diarrhea.	0	1	2	3
23. Restlessness or jumpiness.	0	1	2	3
24. Tight, tense muscles.	0	1	2	3
25. Sweating not brought on by heat.	0	1	2	3
26. A lump in the throat.	0	1	2	3
27. Trembling or shaking.	0	1	2	3
28. Rubbery or "jelly" legs.	0	1	2	3
29. Feeling dizzy, lightheaded, or off balance.	0	1	2	3
30. Choking or smothering sensations or difficulty breathing.	0	1	2	3
31. Headaches or pains in the neck or back.	0	1	2	3
32. Hot flashes or cold chills.	0	1	2	3
33. Feeling tired, weak or easily exhausted.	0	1	2	3