

Your Anxiety Profile

Instructions: Check off all the types of anxiety that apply to you.

Type of Anxiety	Symptoms	(✓)	Official Diagnostic Label
1. Chronic Worrying	You constantly worry about your work, health, finances, school, or family.		Generalized Anxiety Disorder (GAD)
2. Anxiety Attacks	You suddenly feel like you're about to pass out, go crazy, die, or lose control.		Panic Disorder (PD)
3. Agoraphobia	You're afraid that something terrible might happen if you're away from home alone.		Agoraphobia
4. Fears and Phobias	You have an intense fear of something specific, such as spiders, blood, heights, driving, flying, or getting trapped in small spaces.		Specific Phobia
5. Shyness	You often feel nervous or self-conscious around other people.		Social Anxiety Disorder
6. Shy Bladder Syndrome	You feel anxious about having to use a public restroom.		There are no specific diagnostic labels for these problems. They're all considered forms of Social Anxiety Disorder.
7. Test Anxiety	You get nervous and freeze up whenever you have to take a test.		
8. Public Speaking Anxiety	Giving a talk in front of a group of people would make you feel anxious.		
9. Performance Anxiety	Performing or competing in front of an audience would make you nervous or anxious.		
10. Obsessions	You have upsetting thoughts that you can't get rid of, such as fears of losing control and harming others, confessing to a crime you didn't commit, or being contaminated by dirt or germs.		Obsessive-Compulsive Disorder (OCD)
11. Compulsions	You have the urge to perform certain rituals, such as counting things, washing repeatedly, praying, arranging things in a particular way, or repeating words silently.		
12. Post-Traumatic Stress Disorder	You're plagued by upsetting memories of a traumatic event, such as rape, death, violence, torture, or serious injury.		Post-Traumatic Stress Disorder (PTSD)
13. Health Concerns	You often worry that you have a serious medical problem or disease, even though the doctor always reassures you that everything is fine.		Hypochondriasis
14. Concerns About Your Appearance	You feel convinced that there's something abnormal or grotesque about your appearance, even though nobody else can see the defect.		Body Dysmorphic Disorder (BDD)
<p>Note: Some people have a tendency toward anxiety and worry. If you have one type of anxiety, there's a good chance you'll have several others too.</p>			