

TABLE 3.2
 WORRY DOMAINS QUESTIONNAIRE

Please check the appropriate box to indicate how much you worry about the following:

<i>I worry . . .</i>	<i>Not at all</i>	<i>A little</i>	<i>Moderately</i>	<i>Quite a bit</i>	<i>Extremely</i>
	<i>0</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
1. That my money will run out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. That I cannot be assertive or express my opinions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. That my future job prospects are not good	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. That my family will be angry with me or disapprove of something that I do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. That I'll never achieve my ambitions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. That I will not keep my workload up to date	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. That financial problems will restrict holidays and travel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. That I have no concentration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. That I am not able to afford things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. That I feel insecure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. That I can't afford to pay bills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. That my living conditions are inadequate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. That life may have no purpose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. That I don't work hard enough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. That others will not approve of me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. That I find it difficult to maintain a stable relationship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. That I leave work unfinished	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. That I lack confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. That I am unattractive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<i>I worry . . .</i>	<i>Not at all</i>	<i>A little</i>	<i>Moderately</i>	<i>Quite a bit</i>	<i>Extremely</i>
	<i>0</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
20. That I might make myself look stupid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. That I will lose close friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. That I haven't achieved much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. That I am not loved	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. That I will be late for an appointment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. That I make mistakes at work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The Worry Domains Questionnaire breaks down into five general areas of worry: relationships, lack of confidence, aimless future, work, and finances.⁸ You can find your score for each of these areas by adding up your scores for the questions indicated in the table below. An answer of “not at all” is scored as 0 and a score of “extremely” is scored as 4, with the intervening answers corresponding to the numbers near the top of Table 3.3. In the table below you can find your score for each of the worry domains by adding up your scores on the items indicated. Then, in the right column, write out your total score on that domain.

<i>Your Worry Domain</i>	<i>Your Score</i>
Relationships Add items 4, 16, 19, 21, 23	
Lack of confidence Add items 2, 10, 15, 18, 20	
Aimless future Add items 3, 5, 8, 13, 22	
Work Add items 6, 14, 17, 24, 25	
Finances Add items 1, 7, 9, 11, 12	
Your total score (Add all scores in the right column)	