

TABLE 3.9  
YOUR WORRY PROFILE

<i>Questionnaire</i>	<i>Specific areas that are elevated or of importance</i>
Penn State Worry Questionnaire	_____ _____
Worry Domains Questionnaire	Relationships: _____ Lack of confidence: _____ Aimless future: _____ Work: _____ Financial: _____ Total score: _____
Metacognitions Questionnaire	Positive worry beliefs: _____ Uncontrollability and danger: _____ Cognitive competence: _____ Need to control your worry: _____ Cognitive self-consciousness: _____
Intolerance of Uncertainty Scale	Total score: _____
Personal Belief Questionnaire	Avoidant: _____ Dependent: _____ Passive-aggressive: _____ Compulsive: _____ Antisocial: _____ Narcissistic: _____ Histrionic: _____ Schizoid: _____ Paranoid: _____ Borderline: _____
Overall conclusions about your personality and your worries	_____ _____ _____