

Anxiety Self-Rating Scale

Anxiety is designed for a purpose and can serve to increase attention, or focus, create psychological safety, and even in extreme cases even save our life. However, like many other areas of life in this world, it is tainted by sin and often used by the evil one to reduce our focus, attention, and keep us feeling as though you are on constant high alert. How do we know if the Anxiety we are experiencing is helpful verse hurtful? This assessment is designed to assist you in that understanding.

INSTRUCTIONS: This assessment is designed for your personal use. There are no right or wrong answers, do your best to answer honestly and without judgment. Usually, your first response is the best. You can print these pages out for your personal reference.

For each item mark the response that you feel best applies to you within the last two weeks:

NEVER, SOMETIMES, HALF THE TIME, FREQUENTLY, ALWAYS

I feel tense, nervous, restless, or agitated	NEVER	SOMETIMES	HALF THE TIME	FREQUENTLY	ALWAYS
I feel afraid for no apparent reason	NEVER	SOMETIMES	HALF THE TIME	FREQUENTLY	ALWAYS
I worry about bad things that might happen to me or those I care about	NEVER	SOMETIMES	HALF THE TIME	FREQUENTLY	ALWAYS
I have difficulty falling asleep, staying asleep or waking up early	NEVER	SOMETIMES	HALF THE TIME	FREQUENTLY	ALWAYS
I have difficulty eating too much, too little or digesting my food	NEVER	SOMETIMES	HALF THE TIME	FREQUENTLY	ALWAYS
I wish I knew a way to make myself more relaxed	NEVER	SOMETIMES	HALF THE TIME	FREQUENTLY	ALWAYS
I have difficulty with my concentration, memory or thinking	NEVER	SOMETIMES	HALF THE TIME	FREQUENTLY	ALWAYS
I would say I am anxious much of the time	NEVER	SOMETIMES	HALF THE TIME	FREQUENTLY	ALWAYS
From time to time, I have experienced racing heartbeat, cold hands or feet, dry mouth, sweating, tight muscles, difficulty breathing, numbness, frequent urination, or hot/cold flashes	NEVER	SOMETIMES	HALF THE TIME	FREQUENTLY	ALWAYS
I wish I could be as relaxed with myself as others seem to be	NEVER	SOMETIMES	HALF THE TIME	FREQUENTLY	ALWAYS

Total the number of answers for each option and place it in the table below, then multiply that by the number provided. Add those numbers to create a total:

Scoring Table

Category	NEVER	SOMETIMES	HALF THE TIME	FREQUENTLY	ALWAYS
Total					
Multiply by:	0	1	2	3	4
Total for each category:					

Total Score:	
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Interpretation of scores:

MINIMAL ANXIETY - 0 to 8 points - Typically normal and manageable level anxiety. No action suggested.

MILD ANXIETY - 8 to 16 points - Evaluate your personal routines, and ensure that you have activities in place that can help with releasing stress and refreshing self, such as exercise, mediation, hobbies, etc....

MODERATE ANXIETY - 17 to 24 points – Evaluate your personal routines and ensure that you have activities in place that can help with releasing stress and refreshing self, such as exercise, mediation, hobbies, etc.... Monitor your feelings of anxiety for both frequency and intensity. Make necessary adjustments to your routines. If there is no reduction over the course of a few weeks, consider seeking a professional inquiry:

https://docs.google.com/forms/d/1ylux7sHT9tl3f_kmRNtNCQEaxiQmDyBffb7VOMzfcqE/edit

HIGH ANXIETY (Warning Level) - 25 to 32 points – Suggest seeking professional assistance. If you do not have a current Mental Health Provider, schedule an appointment with your PCP or use this link to request more information:

https://docs.google.com/forms/d/1ylux7sHT9tl3f_kmRNtNCQEaxiQmDyBffb7VOMzfcqE/edit

EXTREME ANXIETY (Warning Level) - 33 to 40 points – There is a good chance you are in the middle of a personal crisis. If you are currently struggling with thoughts of harming yourself or others, call or text 988, or go to the emergency room. Seek professional assistance immediately. If you do not have a mental health provider, use the link to request one:

https://docs.google.com/forms/d/1ylux7sHT9tl3f_kmRNtNCQEaxiQmDyBffb7VOMzfcqE/edit