



Anxiety Test

By Bill Gaultiere

Anxiety is a secondary emotion caused by internalizing stress or repressing fear, guilt, anger, sadness, and biology. It can take over a personality. For the A-N-X-I-E-T-Y symptoms below circle the "Y" if you answer yes to one of the questions in the list.

A gitated	Are you easily frustrated? Do people irritate you? Do you lose your temper often?	Y	N
N ot sleeping/relaxing	Are you having trouble getting to sleep or staying asleep? Do you often wake up and not feel rested? Is it hard for you to be still and relax?	Y	N
X fears	Do you have any fears that you accommodate by avoiding situations? Are you afraid of social situations, interpersonal conflict, rejection, failure, public speaking, leaving home, airplanes, spiders, knives?	Y	N
I n your body	Have you been experiencing shortness of breath, heart palpitations, tightness in your chest, discomfort in your stomach or bowels, headaches, twitching, shaking hands, sweaty palms, or tingling?	Y	N
E scalating worries	Are you worried about problems you're facing? Do you keep thinking over and over about your stress? Do your thoughts race out of control?	Y	N
T raumas relived	Does your mind keep re-experiencing an upsetting event(s)? Are you having nightmares?	Y	N
Y es all the time	Do you feel pressured to say yes to accommodate other people? To satisfy your perfectionism? To give into compulsive desires that won't go away?	Y	N

Scoring: If you have yes responses in three of more categories it suggests that anxiety may be shutting you off from God's peace, diminishing your effectiveness, or inhibiting your ability to love fully.

This Anxiety Test is from, *Your Best Life in Jesus' Easy Yoke* by Bill Gaultiere.