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Anxiety Self-Test

If you suspect that you might be experiencing anxiety, please complete the following self-test by checking the questions to which you would answer Yes.

Yes or No? Are you troubled by:

Repeated, unexpected panic attacks, during which you suddenly are overcome by intense fear or discomfort for no apparent reason, or the fear of having another panic attack?

Persistent, inconvenient or uncomfortable thoughts, impulses or images that you can't get out of your mind (such as a preoccupation with getting dirty, worry about the order of things, or aggressive or sexual impulses)?

Powerful and ongoing fear of social situations involving unfamiliar people?

Excessive worrying, for three months or more, about a number of events or activities?

Fear of places or situations where getting help or escape might be difficult, such as in a crowd or on a bridge?

Shortness of breath or a racing heart for no apparent reason?

Persistent and inconvenient fear of an object or situation, such as flying, heights, elevators, animals, blood, etc.?

Being unable to travel alone?

Spending too much time each day doing things over and over again (for example, handwashing, checking things, or counting)?

More days than not, do you:

feel restless?

feel easily tired and/or distracted?

feel irritable?

have tense muscles or problems sleeping?

Have you experienced or witnessed a traumatic event that involved actual or threatened death or serious injury to yourself or a loved one (for example, military combat, a violent crime or a serious car accident)?

Have you experienced changes in sleeping or eating habits?

Does anxiety, worry, or nervousness interfere with your daily life?

If you have checked Yes to several of the above questions, you may be experiencing anxiety. There are many effective approaches for treating anxiety and relieving its symptoms including counseling, hypnotherapy, and behavioral strategies. Please call if you would like more information.

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