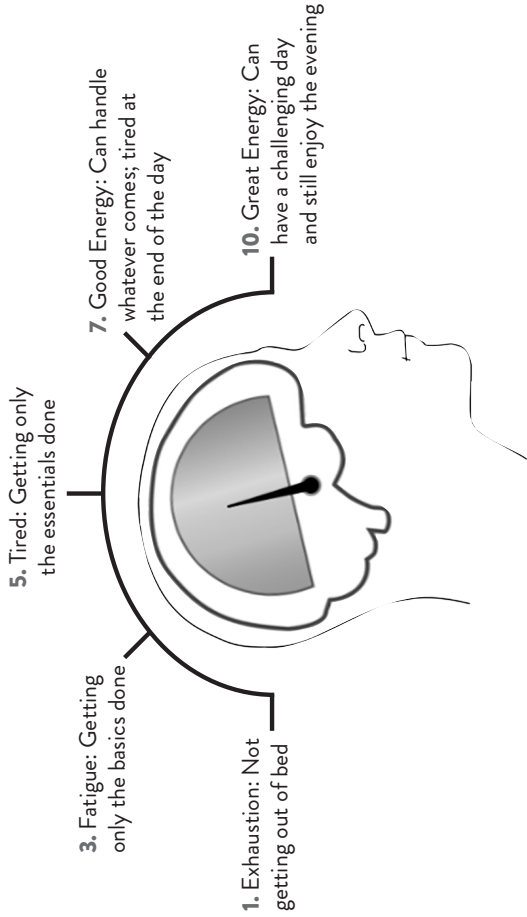


## SNAPSHOT OF ANXIETY ASSESSMENT

**Directions:** Part 1: If your power supply drops below 5 during the active part of your day, give yourself a fatigue score of 10 points. If your power supply stays above 5, your fatigue score is 0. Part 2: If any part of the Brain-Body symptom description fits you, check the box and circle the part you relate to.

### Part 1: Fatigue Score



Take a moment to rate your power supply—or how much energy you feel you have—on a scale of 1 to 10, with 1 being minimal energy and 10 being solid energy throughout the day. If your power supply drops below 5 during the active part of your day, give yourself a fatigue score of 10 points. If your power supply stays above 5, your fatigue score is 0.

**Circle Your Fatigue Score:** 0    10

### Part 2: Brain–Body Symptoms

#### BRAIN SYMPTOMS

- Flight emotions: agitation, nervousness, worry, anxiety, fear, panic
- Fight emotions: hyperfocused, defensive, irritable, negative, controlling, enraged
- Disappear emotions: withdrawn, depressed, crying, shut down

- Racing thoughts
- Negative thought patterns toward self; self-critical
- Emotional outbursts that are larger than necessary
- Doing old behaviors that you don't want to do again, such as eating sugar, drinking alcohol or using other addictive substances, or calling people that are not helpful
- Fear of dying, suicidal thoughts, confusion, abnormal behavior—  
*If you check this box, please ask for help or call 911.*

#### BODY SYMPTOMS

- Shaky or trembling hands
- Heart palpitations, racing heart rate
- Shortness of breath
- Pale skin, cold hands and feet
- Shakiness, vibrating body, physically agitated, or fidgety
- Hungry, craving sugar, sweets, or carbohydrates (breads, pasta, candy)
- Nausea
- Not hungry for meals or not able to eat
- Sweating
- Dizziness
- Vertigo
- Visual disturbance
- Extreme fatigue
- Seizures or loss of consciousness

**Total number of boxes checked:**  / 22

**Directions:** Part 3: Use the rating scale to answer the Global Symptoms questions. Add the totals from each column to get your score. Skip questions that don't apply to you. Part 4: Write in the totals from Parts 1, 2, and 3 to get your Snapshot of Anxiety Score

**Part 3: Global Symptoms: The Physiological Process That Increases Anxiety Can also Increase Other Symptoms**

Please rate these symptoms	Not at all	Some days	Most days	Nearly every day
Fatigue	0	1	2	3
Afternoon fatigue	0	1	2	3
Moodiness, including emotions of anxiety, irritation, agitation, and sadness	0	1	2	3
Lack of mental clarity	0	1	2	3
Morning insomnia/waking too early	0	1	2	3
Inability to wake up in morning	0	1	2	3
PTSD nightmares	0	1	2	3
Brain fog/Harder to think	0	1	2	3
Physical pain for any cause	0	1	2	3
Distraction and/or ADHD symptoms	0	1	2	3
Dysregulated bowel symptoms (constipations, diarrhea, bloating)	0	1	2	3
Sugar/carbohydrate cravings	0	1	2	3
The use alcohol or other substances to regulate your emotions and symptoms	0	1	2	3
Subtotal Score:				
Total Score (add the scores from the 4 columns above):				

**Part 4: Snapshot of Anxiety Assessment Score**

	Points
From Part 1: Fatigue Score	
From Part 2: Brain-Body Symptoms total points	
From Part 3: Global Symptoms total points from all columns	
Snapshot of Anxiety Score:	

You might be curious about how to interpret your final score. However, when it comes to the Snapshot of Anxiety, there isn't a standard total. Instead, you'll be using the score to see if your ratings for each category improve when you do experiments.

**Identify what's most important to you about reducing anxiety:**

Benefits	Not important	Somewhat important	Mostly important	Very important
Feel better				
Better sleep				
More confident				
More at ease with yourself				
Willing to try new things				
Better connections and/or boundaries with friends and family				
Better able to take care of projects important to you				
Other:				