

# Crippling Anxiety Test

Name:

Date:

## Instructions:

Below are 50 statements related to feelings, thoughts, and experiences commonly associated with anxiety. Please read each statement carefully and select whether you "Agree" or "Disagree" based on your own experiences. Remember, there are no right or wrong answers. This test is designed to help you understand your anxiety levels better and is not a substitute for professional diagnosis or treatment.

**1. I often feel nervous or on edge.**

Agree      Disagree

**6. I often feel restless and can't seem to relax.**

Agree      Disagree

**2. I constantly worry about small things.**

Agree      Disagree

**7. I have trouble concentrating on tasks because of my anxiety.**

Agree      Disagree

**3. I experience sudden feelings of panic without any specific reason.**

Agree      Disagree

**8. I experience physical symptoms like sweating, trembling, or a rapid heartbeat when anxious.**

Agree      Disagree

**4. I have difficulty controlling my worry.**

Agree      Disagree

**9. I fear that something awful might happen to me or my loved ones.**

Agree      Disagree

**5. I avoid social situations because they make me anxious.**

Agree      Disagree

**10. I get irritated easily.**

Agree      Disagree

<p><b>11. I have difficulty sleeping due to racing thoughts or anxiety.</b></p>	<p><b>18. I use alcohol, drugs, or other substances to cope with my anxiety.</b></p>
<p><input type="checkbox"/> Agree                  Disagree</p>	<p><input type="checkbox"/> Agree                  Disagree</p>
<p><b>12. I often feel like I'm losing control or "going crazy."</b></p>	<p><b>19. I often experience gastrointestinal problems (e.g., stomachaches, nausea) when anxious.</b></p>
<p><input type="checkbox"/> Agree                  Disagree</p>	<p><input type="checkbox"/> Agree                  Disagree</p>
<p><b>13. I avoid certain places or situations that make me feel anxious.</b></p>	<p><b>20. I worry excessively about my health.</b></p>
<p><input type="checkbox"/> Agree                  Disagree</p>	<p><input type="checkbox"/> Agree                  Disagree</p>
<p><b>14. I have recurrent thoughts or concerns that I find difficult to let go of.</b></p>	<p><b>21. I feel overwhelmed by everyday decisions.</b></p>
<p><input type="checkbox"/> Agree                  Disagree</p>	<p><input type="checkbox"/> Agree                  Disagree</p>
<p><b>15. I feel detached or disconnected from myself or reality.</b></p>	<p><b>22. My mind often races with thoughts that I can't control.</b></p>
<p><input type="checkbox"/> Agree                  Disagree</p>	<p><input type="checkbox"/> Agree                  Disagree</p>
<p><b>16. I have difficulty making decisions because I fear making the wrong choice.</b></p>	<p><b>23. I find myself avoiding tasks or responsibilities due to fear or nervousness.</b></p>
<p><input type="checkbox"/> Agree                  Disagree</p>	<p><input type="checkbox"/> Agree                  Disagree</p>
<p><b>17. I feel like my anxiety is affecting my work, social life, or relationships.</b></p>	<p><b>24. I experience muscle tension or chronic pain without a clear physical cause.</b></p>
<p><input type="checkbox"/> Agree                  Disagree</p>	<p><input type="checkbox"/> Agree                  Disagree</p>

<b>25. I have fears that I know are irrational, but I can't seem to shake them.</b>	<b>32. I often skip or bail on plans at the last minute due to anxiety.</b>
<input type="checkbox"/> Agree      Disagree	<input type="checkbox"/> Agree      Disagree
<b>26. I obsess over mistakes or worries about failing.</b>	<b>33. I experience frequent nightmares or distressing dreams.</b>
<input type="checkbox"/> Agree      Disagree	<input type="checkbox"/> Agree      Disagree
<b>27. I feel like I'm always on high alert for danger.</b>	<b>34. I find it difficult to enjoy moments because I'm worried about what comes next.</b>
<input type="checkbox"/> Agree      Disagree	<input type="checkbox"/> Agree      Disagree
<b>28. I have trouble saying "no" or setting boundaries because of anxiety.</b>	<b>35. My anxiety has led me to develop certain rituals or routines to cope.</b>
<input type="checkbox"/> Agree      Disagree	<input type="checkbox"/> Agree      Disagree
<b>29. I experience shortness of breath or chest tightness when anxious.</b>	<b>36. I feel fatigued or drained from the constant anxiety.</b>
<input type="checkbox"/> Agree      Disagree	<input type="checkbox"/> Agree      Disagree
<b>30. I feel disconnected from my surroundings or people, as if I'm in a dream.</b>	<b>37. I have noticed an increase in compulsive behaviors (e.g., hand washing, checking things).</b>
<input type="checkbox"/> Agree      Disagree	<input type="checkbox"/> Agree      Disagree
<b>31. Social media or news exacerbates my anxiety.</b>	<b>38. I withdraw from activities or hobbies that I used to enjoy.</b>
<input type="checkbox"/> Agree      Disagree	<input type="checkbox"/> Agree      Disagree

<p><b>39. My appetite is often affected by my anxiety (eating too much or too little).</b></p>	<p><b>45. I feel anxious in wide-open or crowded spaces.</b></p>
<p><input type="checkbox"/> Agree                  Disagree</p>	<p><input type="checkbox"/> Agree                  Disagree</p>
<p><b>40. I feel like I can never do enough to alleviate my worries or fears.</b></p>	<p><b>46. I have specific phobias that interfere with my daily life.</b></p>
<p><input type="checkbox"/> Agree                  Disagree</p>	<p><input type="checkbox"/> Agree                  Disagree</p>
<p><b>41. I have unexplained dizziness or lightheadedness when feeling anxious.</b></p>	<p><b>47. I frequently ask others for reassurance because of my insecurities.</b></p>
<p><input type="checkbox"/> Agree                  Disagree</p>	<p><input type="checkbox"/> Agree                  Disagree</p>
<p><b>42. I am sensitive to criticism or fear being judged by others.</b></p>	<p><b>48. I avoid asking for help for fear of appearing weak or incapable.</b></p>
<p><input type="checkbox"/> Agree                  Disagree</p>	<p><input type="checkbox"/> Agree                  Disagree</p>
<p><b>43. I have trouble maintaining close relationships because of my anxiety.</b></p>	<p><b>49. I experience anxiety about anxiety (worrying about when the next anxiety attack will happen).</b></p>
<p><input type="checkbox"/> Agree                  Disagree</p>	<p><input type="checkbox"/> Agree                  Disagree</p>
<p><b>44. I procrastinate on important tasks due to feelings of anxiety.</b></p>	<p><b>50. I find it hard to accept compliments or positive feedback due to self-doubt.</b></p>
<p><input type="checkbox"/> Agree                  Disagree</p>	<p><input type="checkbox"/> Agree                  Disagree</p>

**Total Agreed Score:**

**Scoring:**

**0-10:** Your anxiety levels appear to be within a normal range.

**11-25:** You may experience moderate levels of anxiety. Consider strategies to manage stress & anxiety.

**26-40:** Your anxiety levels are high. Professional consultation is recommended.

**41-50:** Your responses indicate a very high level of anxiety. Seeking professional help is strongly advised.