

DATE _____

NAME _____

Mark in a box of appropriate symptoms of anxiety. Please carefully read each item on the list. Indicate how much you have been bothered by each symptom during the PAST WEEK, 14-DAY PERIOD (1-7-DAY) by placing an X in the corresponding column to the column name on each symptom.

	NOT AT ALL	SLIGHTLY BUT NOT WORSE THAN USUAL	Moderately A good deal of anxiety all of last week	Extremely Very severe anxiety
1. Tremulous or tingling				
2. Feeling hot				
3. Weakness in legs				
4. Unable to relax				
5. Fear of the worst happening				
6. Dizzy or lightheaded				
7. Heart pounding or racing				
8. Unsteady				
9. Terrified				
10. Nervous				
11. Feelings of choking				
12. Hands trembling				
13. Nausea				
14. Fear of losing control				
15. Difficulty breathing				
16. Fear of dying				
17. Scared				
18. Indigestion or discomfort in abdomen				
19. Faint				
20. Face flushed				
21. Sweating (not due to heat)				

Beck Youth Inventory

JR Anderson



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