

## Worksheet No. 3

## Anxiety Management

BESIDE EACH ITEM BELOW, INDICATE WHETHER THAT ITEM IS TRUE OR FALSE FOR YOU.

1. I do not tire quickly.	27. I frequently find myself worrying about something.
2. I am troubled by attacks of nausea.	28. I wish I could be as happy as others seem to be.
3. I believe I am no more nervous than most others.	29. I am usually calm and not easily upset.
4. I have very few headaches.	30. I cry easily.
5. I work under a great deal of tension.	31. I feel anxiety about something or someone almost all the time.
6. I cannot keep my mind on one thing.	32. I am happy most of the time.
7. I worry over money and business.	33. It makes me nervous to have to wait.
8. I frequently notice my hand shakes when I try to do something.	34. I have periods of such great restlessness that I cannot sit long in a chair.
9. I blush no more often than others.	35. Sometimes I become so excited that I find it hard to get to sleep.
10. I have diarrhoea once a month or more.	36. I have sometimes felt that difficulties were piling up so high that I could not overcome them.
11. I worry quite a bit over possible misfortune[s].	37. I must admit that I have at times been worried beyond reason over something that really did not matter.
12. I practically never blush.	38. I have very few fears compared to my friends.
13. I am often afraid that I am going to blush.	39. I have been afraid of things or people that I know could not hurt me.
14. I have nightmares every few nights.	40. I certainly feel useless at times.
15. My hands and feet are usually warm enough.	41. I find it hard to keep my mind on a task or job.
16. I sweat very easily even on cool days.	42. I am usually self-conscious.
17. Sometimes when embarrassed, I break out in a sweat, which annoys me a lot.	43. I am inclined to take things hard.
18. I hardly ever notice my heart pounding, and I am seldom short of breath.	44. I am a high-strung person.
19. I feel hungry almost all the time.	45. Life is a strain for me much of the time.
20. I am very seldom troubled by constipation.	46. At times I think I am no good at all.
21. I have a great deal of stomach trouble.	47. I am certainly lacking in self-confidence.
22. I have had periods in which I lost sleep over worry.	48. I sometimes feel that I am about to go to pieces,
23. My sleep is fitful and disturbed.	49. I shrink from facing a crisis or difficulty.
24. I dream frequently about things that are best kept to myself.	50. I am entirely self-confident.
25. I am easily embarrassed.	
26. I am more sensitive than most other people.	

You have just completed a scale {the Taylor Manifest Anxiety Scale} that measures the degree to which you manifest anxiety.

To score this scale, give yourself one point for each of the following responses: -

1. False	11. True	21. True	31. True	41. True
2. True	12. False	22. True	32. False	42. True
3. False	13. True	23. True	33. True	43. True
4. False	14. True	24. True	34. True	44. True
5. True	15. False	25. True	35. True	45. True
6. True	16. True	26. True	36. True	46. True
7. True	17. True	27. True	37. True	47. True
8. True	18. False	28. True	38. False	48. True
9. False	19. True	29. False	39. True	49. True
10. True	20. False	30. True	40. True	50. False

If your score is higher than 19, you are more anxious than the average person; if it is lower than 19, you are less anxious.

Taylor, Janet A.: "A Personality Scale of Manifest Anxiety." *J. of Abnormal and Social Psychology* 48(1953):258:90.