

PATHWAY COUNSELING SERVICES

ANXIETY RISK ASSESSMENT

Anxiety in situations is normal but it can also be intrusive enough to consume you or your loved ones life. It can interfere in your ability to live your life to the fullest and make you feel isolated. Children, adolescents and adults can suffer from anxiety caused by situations or events but also from biological or genetic factors.

Do you feel jittery or jumpy often? Yes No

Do you keep thinking about something over and over and over and can't stop? Yes No

Have you ever felt a sense of impending doom or something really bad is going to happen? Yes No

Do you have a hard time sitting still without having to move something ie: your foot? Yes No

Has it become harder to concentrate on what you are doing lately? Yes No

Do you worry about things a lot? Yes No

Have you become fearful lately? Yes No

Are you having trouble sleeping lately? Yes No

Does it feel like you have a thought trapped in your head that just won't leave? Yes No

Have you noticed any physical reactions such as sweaty palms, heart racing, stomach aches, etc. when thinking about or experiencing any situations? Yes No

Do people tell you to stop worrying so much? Yes No

Have you ever had an overwhelming sense of fear come over you for no reason? Yes No

Do you struggle to do something specific lately ie: be in public, go to work/school? Yes No

Have you ever wondered if you have a problem with anxiety? Yes No

Have you ever talked with a medical professional about being anxious? Yes No

If you answered "yes" to 3 or more of these questions it is recommended that you seek treatment and have a professional evaluation done. Anxiety is something that can be treated though psychotherapy and if necessary medication. Anxiety if left untreated can become worse and can have a huge physical and emotional toll. If you are experiencing a racing heart, shortness of breath, chest pain, fatigue or dizziness, please call your medical doctor to rule out a medical issue. These same symptoms can be evidence of a panic attack, Pathway Counseling Services can help. Please call Pathway Counseling Services at 281-205-1355 to make an appointment for a full evaluation and recommendations.