

DO YOU HAVE HIGH FUNCTIONING ANXIETY?



Read each statement and reflect; check each box that applies to you. This checklist is not an official diagnostic tool but can help you pinpoint risk factors for anxiety. Call Icarus Behavioral Health @ 505.305.0902 for a professional assessment.

- I'M EDGY OR RESTLESS WITHOUT GOOD REASON.
- I CAN'T FOCUS ON TODAY BECAUSE I WORRY ABOUT TOMORROW.
- I HAVE INCREDIBLY HIGH STANDARDS.
- I AM MY OWN WORST CRITIC.
- I PUT THINGS OFF UNTIL I KNOW I CAN DO THEM PERFECTLY.
- I'LL GO TO GREAT LENGTHS TO AVOID DISAPPOINTING OTHERS.
- I GET HEADACHES, MUSCLE TENSION, OR AM TOO STRESSED TO SLEEP.
- I'LL OFTEN REPLAY CONVERSATIONS AND SECOND-GUESS THEM.
- IT'S DIFFICULT FOR ME TO RELAX.
- I TAKE ON TOO MUCH BECAUSE I DON'T WANT TO DISAPPOINT.
- I ALWAYS TRY TO STAY PRODUCTIVE AND HELPFUL.
- I'M CONCERNED ABOUT GETTING EVERY DETAIL JUST RIGHT.
- I STRIVE TO BE AT THE TOP OF MY GAME.
- I'M SOMETIMES OVERWHELMED BUT I PUSH THROUGH ANYWAY.
- I'M AFRAID OF LETTING OTHERS DOWN.

SCORING YOUR CHECKLIST

0-3 Yes Responses: Low likelihood of high functioning anxiety.

4-7 Yes Responses: Moderate likelihood of high-functioning anxiety.

8-11 Yes Responses: High likelihood of high functioning anxiety.

12-15 Yes Responses: Very high likelihood of high-functioning anxiety..