

# Self Evaluation

Name: \_\_\_\_\_

Date: \_\_\_\_\_

<p><b>Instructions:</b> Please read each one carefully, and circle the number to the right that best describes how much that problem has distressed or bothered you. <i>Circle only one number for each problem and <u>do not</u> skip any items.</i></p>	Not At All	A Little Bit	Moderately	Quite A Bit	Extremely
1. Shakiness or nervousness within.	0	1	2	3	4
2. Dizziness or faintness.	0	1	2	3	4
3. Heart or chest pains.	0	1	2	3	4
4. Changes in appetite – weight loss or gain.	0	1	2	3	4
5. Upset stomach or nausea.	0	1	2	3	4
6. Trouble sleeping.	0	1	2	3	4
7. Trouble catching your breath.	0	1	2	3	4
8. Cold or hot spells	0	1	2	3	4
9. Tingling or numbness in parts of your body.	0	1	2	3	4
10. Feeling weakness in parts of your body.	0	1	2	3	4
11. Feeling keyed up or tense.	0	1	2	3	4
12. Believe that others are to blame for most of your troubles.	0	1	2	3	4
13. Believe that others can control your thoughts.	0	1	2	3	4
14. Feeling easily irritated or annoyed.	0	1	2	3	4
15. Difficulties controlling your temper.	0	1	2	3	4
16. Believe that people dislike you or are unfriendly.	0	1	2	3	4
17. Believe that you are talked about or watched by others.	0	1	2	3	4
18. Experiencing urges to smash or break things.	0	1	2	3	4
19. Experiencing urges to beat, injure, or hurt.	0	1	2	3	4
20. Getting into arguments frequently.	0	1	2	3	4
21. Believe people take advantage of you, if you let them.	0	1	2	3	4
22. Thoughts of ending your life.	0	1	2	3	4
23. Feeling blue or down.	0	1	2	3	4
24. Loss of interest in things you normally enjoy.	0	1	2	3	4
25. Feeling afraid or anxious.	0	1	2	3	4
26. Your feelings are easily hurt.	0	1	2	3	4
27. Feeling inferior to others.	0	1	2	3	4
28. Having to avoid certain places, things, or activities because they frighten you	0	1	2	3	4
29. Feeling hopeless about the future.	0	1	2	3	4
30. Trouble concentrating or focusing.	0	1	2	3	4
31. Thoughts of death or dying.	0	1	2	3	4
32. Feeling very self-conscious with others.	0	1	2	3	4
33. Don't feel close to others.	0	1	2	3	4
34. Feelings of guilt.	0	1	2	3	4
35. Trouble remembering things.	0	1	2	3	4
36. Feeling afraid of open spaces or on the streets.	0	1	2	3	4
37. Suddenly scared (for no reason).	0	1	2	3	4
38. Having difficulty making decisions.	0	1	2	3	4
39. Having to double check things you do.	0	1	2	3	4
40. Feeling nervous when you are alone.	0	1	2	3	4
41. Feeling restless, unable to sit still.	0	1	2	3	4
42. Believe that something is wrong with your mind.	0	1	2	3	4