

THE BURNS ANXIETY INVENTORY

<p>INSTRUCTIONS: The following is a list of symptoms that people sometimes have. Put a check (<input type="checkbox"/>) in the space to the right that best describes how much that symptom or problem has bothered you during this past week.</p> <p style="text-align: center;">SYMPTOM LIST</p>	0-NOT AT ALL	1-SOMEWHAT	2-MODERATELY	3-A LOT
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CATEGORY I: ANXIOUS FEELINGS

1.	Anxiety, Nervousness, Worry, and Fear				
2.	Feeling that things around you are strange, unreal or foggy				
3.	Feeling detached from all or part of your body				
4.	Sudden unexpected panic spells				
5.	Apprehension or a sense of impending doom				
6.	Feeling tense, stressed, "uptight," or on edge				

CATEGORY II: ANXIOUS THOUGHTS

7.	Difficulty concentrating				
8.	Racing thoughts or your mind jumps from one thing to the next.				
9.	Frightening fantasies or daydreams				
10.	Feeling that you're on the verge of losing control				
11.	Fears of cracking up or going crazy				
12.	Fears of fainting or passing out				
13.	Fears of physical illness or heart attacks or dying				
14.	Concerns about looking foolish or inadequate in front of others				
15.	Fears of being alone, isolated, or abandoned				

16.	Fears of criticism or disapproval				
17.	Fears that something terrible is about to happen				

CAEGORY III: PHYSICAL SYMPTOMS

18.	Skipping or racing or pounding of the heart (palpitations)				
19.	Pain, pressure, or tightness in the chest				
20.	Tingling or numbness in the toes or fingers				
21.	Butterflies or discomfort in the stomach				
22.	Constipation or diarrhea				
23.	Restlessness or jumpiness				
24.	Tight, tense muscles				
25.	Sweating not brought on by heat				
26.	A lump in the throat				
27.	Trembling or shaking				
28.	Rubbery or "jelly" legs				
29.	Feeling dizzy, lightheaded, or off balance				
30.	Choking or smothering sensations or difficulty breathing				
31.	Headaches or pains in the neck or back				
32.	Hot flashes or cold chills				
33.	Feeling tired, weak, or easily exhausted				
Add up your total score for the 33 symptoms and record it here.					
		DATE:			

TOTAL SCORE	DEGREE OF ANXIETY	YOUR SCORE
0-4	Minimal or No Anxiety	
5-10	Borderline Anxiety	
11-20	Mild Anxiety	
21-30	Moderate Anxiety	
31-50	Severe Anxiety	
51-99	Extreme Anxiety or Panic	

HOW TO OVERCOME FEARS, PHOBIAS, AND PANIC ATTACKS

1.	THE EXPERIMENTAL METHOD	Do an experiment to test your belief that you're "cracking up" or "having a heart attack" or "losing control."
2.	PARADOXIAL TECHNIQUES	Exaggerate your fears instead of running away from them. If you have the fear of cracking up or having a stroke, you try your hardest to crack up or have a stroke.
3.	SHAME-ATTACKING EXERCISES	Purposely do something silly in public, in order to overcome your fear of appearing foolish.
4.	CONFRONT YOUR FEARS	Expose yourself to whatever you're afraid of instead of running away and letting your fears cripple you. There are three ways of doing this:
	Sudden exposure or "flooding"	Allow yourself to experience all your symptoms, no matter how bad they get. You endure your fears until they run their course.
	Gradual exposure	You gradually expose yourself to whatever you're afraid of (like being away from home alone, getting into grocery stores, or taking buses or elevators). You back off when your anxiety becomes too great.
	The partnership method	If you're afraid of being alone, you can ask someone you feel safe with to walk a certain distance ahead of you and wait for you. Then you walk and meet them there. The next time you ask them to go a little farther, so you can gradually increase the distance you can walk alone.
5.	DAILY MOOD LOG	Write down the negative thoughts that make you feel anxious or frightened. Identify the distortions in these thoughts and replace them with more realistic, positive thoughts. Instead of worrying yourself sick by constantly predicting failure and catastrophes, tell yourself that things will turn out reasonably well.
6.	THE COST-BENEFIT ANALYSIS	Make a list of the advantages and disadvantages of worrying and avoiding whatever you fear. Weigh the advantages against the disadvantages. Make a second list of the advantages and disadvantages of confronting your fears. Weigh the advantages against the disadvantages.
7.	POSITIVE IMAGING	Substitute reassuring and peaceful images for the frightening daydreams and fantasies that make you feel so anxious.

8.	DISTRACTION	Distract yourself with intense mental activity (like working on a Rubik's Cube), strenuous exercise, or by getting involved in your work or a hobby.
9.	THE ACCEPTANCE PARADOX	When you feel anxious or panicky, you may make matters worse by insisting that you shouldn't feel this way. This is like throwing gasoline on a fire, and your anxiety gets worse. One way to develop greater self-acceptance is to write out a dialogue with an imaginary hostile stranger who puts you down for feeling anxious. The hostile stranger is simply a projection of your own self-criticism. When you talk back to them, you will develop greater self-acceptance, and your anxiety will usually diminish or disappear.
10.	GETTING IN TOUCH	When you feel anxious or panicky, you are probably ignoring certain problems that need to be dealt with. Review your life and try to get in touch with the situation that's making you feel so upset. When you find the courage to deal with the problem more openly and directly, it can be very liberating!