

OVERCOMING  
ANXIETY &  
DEPRESSION

BOB PHILLIPS



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## **OVERCOMING ANXIETY AND DEPRESSION**

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# The DISTURBED MIND

*Fears, Phobias, Compulsions, and Obsessions*



*Anxiety is a thin stream of fear trickling  
through the mind. If encouraged, it cuts a channel into  
which all other thoughts are drained.*

ARTHUR SOMERS ROCHE

ONE DAY, DEATH WAS WALKING toward a city in a far country. A man on the road stopped Death and asked, “Where are you going, and what do you intend to do?”

Death smiled and said, “I’m going to the nearby town to kill ten thousand people.”

The man said, “That’s horrible!”

Death replied, “That’s the way it is. That’s what I do.”

So the day passed. Later, the man on the road again met Death. This time, Death was coming back from the city.

The man said, “You told me that you were only going to kill ten thousand people. I heard that seventy thousand people died in the city.”

Death responded, “Well, that’s what happened. I only killed ten thousand people. Worry and Fear killed the others.”

Horace Walpole suggests, “We are largely the playthings of our fears. To one, fear of the dark; to another, of physical pain; to a third, of public ridicule; to a fourth, of poverty; to a fifth, of loneliness...for all of us, our particular creature waits in ambush.”

For Kimberly, however, it was not that easy. She could not put her

finger on a specific problem. For the past six months she had been living her life with the constant thought that something bad was going to happen to her, a painful apprehension of some impending evil. Physically, she was feeling constantly fatigued. She had difficulties concentrating on

The direct costs of mental health services in the United States is over \$70 billion.

Indirect costs for mental health services is estimated to be over \$78 billion. This refers to lost productivity at the workplace, school, and home due to premature death or disability.

U.S. PUBLIC HEALTH SERVICE

anything. Even in conversations with friends she found her mind drifting off. Only when someone asked her a question about what had been said did she realize that she hadn't been really listening. It put her in many embarrassing situations.

She began to notice a great deal of muscle tension in her body. She often woke up with a stiff neck and aches in her back. Her friends and family began to notice an increase in irritability. This was compounded by her inability to get a good night's sleep. Often she had difficulty going to sleep. If that was not bad enough,

she tossed and turned and woke up early in the morning. She was beginning to feel like a physical wreck.

Kimberly's performance at work was dropping. She was often on edge and fidgety. She was constantly worried about her health, her financial problems, and an increasing communication difficulty in an important relationship. She felt as if she couldn't control her thoughts and emotions. Her worries were increasingly consistent and unrealistic. She began to wonder if she was going crazy.

Kimberly is experiencing generalized anxiety disorder or GAD. It is one of the seven major types of anxiety disorders listed in the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV) used by mental health practitioners.

Garth had a little more focused problem. He never seemed to feel comfortable in social situations. He met someone new only if a friend introduced him. He just couldn't get up the courage to approach a stranger and make an acquaintance. The closest he could come to this was to ask a salesperson a question. Although that was difficult, Garth reassured himself that he didn't have to carry on a conversation with the salesperson.

Garth's fear of meeting new people and talking with them made going to parties very difficult. Looking people in the eye, especially members of the opposite sex, was also challenging. Although he wanted to have a dating relationship, he was too shy to approach any female. He just hung around the guys and listened to them talk about sports, politics, or girls. Rarely did he contribute anything. The topics of politics, religion, or sex were too embarrassing for him. In fact, the thought of speaking in public gave him a stomachache and a dry throat.

Public restrooms created another problem for Garth. He hated to use them if other people were standing near. And even worse, if a line was behind him, functioning was almost impossible. One time, someone who was waiting said, "Hurry up!" That pressure was too much. Garth couldn't even complete his task.

Garth's difficulty in social situations did not help him at work. Business meetings and committee groups were also difficult for him. Any type of negative discussions caused him to shrivel up inside. Criticism destroyed him. Any type of tense situation caused his heart to palpitate. Meetings ranked right up there with asking for help or directions. The thought of talking with a superior at work caused him to shake. He wouldn't think of approaching his boss about a raise. He would almost rather quit than do that. It would cause too much muscle tension, sweating, and headaches. Garth is suffering from social phobia.

Individuals with social phobia often have difficulty speaking in front of others or starting a conversation. The thought of asking someone for a date creates anxious feelings. Those feelings intensify if the person is forced to confront someone concerning an issue that has any type of conflict attached to it. Any confrontation would require a great deal of preplanning.

People who experience social phobia have a tendency to...

- wear extra deodorant
- cover their face with hair
- keep their jackets on indoors
- not want to use public restrooms
- sit at the edge of a room or group
- hold a cup or glass with both hands
- ask questions to avoid self-exposure

- find it difficult to ask someone for a date
- have a hard time looking people in the eye
- hold on to objects like pillows or magazines
- pretend to be studying some object of interest to avoid interaction
- talk with their hand in front of their mouth, wondering if they have bad breath
- Speak little and not disclose much information about themselves. They may speak quickly to get it over with or slowly to carefully think out what they are saying.
- Think thoughts like these:

*I look silly.*

*They won't like me.*

*I'm going to blow this.*

*I won't know what to say.*

*I wonder if my breath is bad.*

*They'll find out how stupid I am.*

David Mellinger and Steven Jay Lynn, in their book *The Monster in the Cave*, mention that “as many as 40 percent of college students describe themselves as shy, and that shyness per se is not problematic unless it begins to interfere with everyday functioning or causes undue stress.”

Tiffany had similar problems to Garth's. The difference was that she had stunningly intense fear and anxiety. The intense fear came in the form of panic attacks. The attacks came swiftly and without much warning. She had an overwhelming desire to escape or run away. She experienced shortness of breath, feelings of choking, and chest pain. Sometimes she felt dizzy, nauseated, and as if she was losing control. Sometimes she felt as if she were having a heart attack.

When the panic attacks occurred, Tiffany felt as if she were going to die or go stark raving mad. She was certain that the men in white coats were coming to take her to an insane asylum. Somehow she often felt as if she would embarrass herself, be harmed by someone like a mugger, or not be able to get to a toilet in time.

During these attacks, Tiffany repeated thoughts and words to herself. She clutched things like pillows for comfort, or she paced rapidly back and

forth. She constantly looked around for signs of danger. For some reason, females seem to experience panic attacks more often than men.

The word “panic” derives from the god Pan, the god of the woods. People believed he made weird sounds at night in the forest and struck fear into the hearts of shepherds or travelers. His victims were overcome by sudden waves of terror and ran for their lives. That is how Tiffany felt—as if she were running for her life. The panic attacks usually subsided after about 30 minutes, leaving her exhausted and fearful that they might return.

Darby didn’t suffer from panic attacks. She avoided situations where they might possibly occur. She locked herself into her apartment and shut the blinds. It seemed to be the only place where she felt comfortable. She didn’t want to venture out into a world where something could happen to her.

Darby didn’t want to get trapped in closed spaces like elevators or stairwells. She didn’t want to get exposed to some potential danger in open fields. An animal could attack her. She did not want to be in public places, where a group of people might begin to move close to her and somehow crush her so she could not breathe. Standing in long lines or using public restrooms could expose her to disease and germs. Stampeded crowds and pushy people could harm her in a stadium. She might get trampled or pushed down the stairs.

The thought of traveling on a bus, a train, or an airplane was overwhelming for Darby. She could barely, on rare occasions, travel in a car. She couldn’t even consider

driving in the mountains or crossing bridges. If Darby did venture out from her apartment, she had to have a friend with her. Darby struggles with agoraphobia.

The *Guinness Book of World Records* contains the story of a woman who developed a benign ovarian tumor. She had agoraphobia and was afraid to leave her home so her doctors could deal with her tumor. Because

Approximately 3.2 million American adults suffer from agoraphobia. Agoraphobia involves intense fear and avoidance of any place or situation where escape might be difficult or help unavailable in the event of developing sudden panic-like symptoms.

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of her fear of going out of her house, the tumor grew to an unbelievable 303 pounds.

Carlos also suffers from intense fear that borders on terror and helplessness. He recently returned from the Iraq war and has quietly withdrawn from his family and friends. He was exposed to many traumatic battles where fellow soldiers were blown apart by roadside bombs. He had to pick up his friends' severed limbs and body parts.

A month before his tour of duty was over, Carlos was in a firefight and was hit by a bullet. It shattered his kneecap, and his leg had to be amputated just above the knee.

Since his return home, he avoids any conversations associated with what he witnessed and personally experienced. He avoids any friendships with other returning soldiers. He has withdrawn from family and community activities that he enjoyed before going to war. Carlos seems to be detaching from all of his loved ones and friends. He appears to prefer seclusion.

Approximately 5.2 million American adults suffer from post-traumatic stress disorder. The disorder frequently occurs after violent personal assaults such as rape, mugging, or domestic violence; terrorism; natural or human-caused disasters; and accidents.

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His family is aware that he has had a difficult time falling and staying asleep. They know he has nightmares and flashbacks of the events he experienced. He has become more irritable and even displays outbursts of anger. When any loud noise occurs, Carlos has an exaggerated startle response. When his family or friends try to talk to him about what is going on, he just

clams up and withdraws emotionally. He seems to be stuck in the past. Carlos is struggling with post-traumatic stress disorder (PTSD).

Andrea's fears take on a little different shape. They display themselves by persistent thoughts or impulses. These thoughts and impulses go far beyond simply excessive worries about real-life problems. They take the form of obsessive-compulsive disorder (OCD).

Andrea constantly deals with obsessions, which manifest themselves as repetitive and uncontrollable thoughts. She talks to herself, saying things like *I'm no good*, *I can't do anything right*, or *I always make a fool of myself*. She is constantly counting to herself and repeating certain words

over and over. Andrea has a difficult time making decisions. She doesn't believe her thinking is clear enough.

Her obsessive thoughts have turned into obsessive actions. She washes her hands over and over again. She doesn't trust her memory. She always double- and triple-checks to see if the door is locked, the lights are turned out, and the iron is unplugged. Sometimes she even reopens envelopes she has just sealed to make sure she included and filled out everything correctly.

Andrea's obsessions have turned into compulsive behaviors. She now has to touch a certain piece of furniture each time she passes, or she will feel as if something bad will happen. She has become like the little child who was told, "Don't step on a crack, or you'll break your mother's back." She has developed rituals that have overtaken her life and negatively affected her family. But she can't seem to stop them. Her anxieties have grown from small creatures to monstrous giants controlling her thoughts and actions.

We think babies are cute when they cannot go to sleep without their special blankets or teddy bears. But adults are not funny or cute when they must go through rituals of touching certain things in the house before they go to bed.

To help clarify the difference between obsessions and compulsions, remember this: An obsession is usually a mental process; a compulsion is usually a physical process. With an obsession, the individual has an idea or a series of ideas that frequently and tenaciously reoccur. The preoccupation with these fixed ideas or unwanted feelings often interferes with the normal thinking process. The individual feels mentally harassed by these thoughts.

For example, obsessive people might become anxious and worry a great deal about being physically attacked in public. These thoughts of possibly being hurt begin to overwhelm them. They envision being victims of a burglary, an assault, or a

Approximately twice as many women as men suffer from panic disorder, post-traumatic stress disorder, generalized anxiety disorder, agoraphobia, and specific phobias. About equal numbers of women and men have obsessive-compulsive disorder and social phobia. Anxiety disorders frequently co-occur with depressive disorders, eating disorders, or substance abuse.

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carjacking. These thoughts fill their minds throughout the day and night whether they are based on reality or simply imagined. Obsessives begin to live their lives in mental fear.

A compulsion, on the other hand, is an irresistible impulse to perform a specific act regardless of the rationality or motivation behind it. This reaction may even be contrary to one's better judgment. The physical act temporarily releases some of the inner tension and reduces the anxiety the individual is feeling. Compulsive individuals often fall into two categories: checkers and cleaners. Two major themes seem to be common with obsessive-compulsive people. The first involves dirt and contamination, and the second has to do with aggression or harm.

People who are afraid of being physically attacked might compulsively carry a cane or umbrella to ward off an attacker. They might also carry a can of pepper spray. Compulsive people take protective devices with them when they go out in public. They constantly look around to see who might attack them. Their inner fears are carried out in protective behaviors

that go far beyond those of the average person. Many people who deal with obsessive-compulsive thoughts and actions also suffer from depression.

Jermaine has many of the same physical symptoms as those who suffer from other anxiety disorders. He experiences chest pains, nausea, sweating, shaking, loss of concentration, and terror. Jermaine is afraid of snakes. Ever since he was a small boy he has been afraid of those cold, slimy creatures. Maybe as a young child he saw a movie in which someone was bitten by a snake and died. Or maybe he went to a camp, and a friend chased him with a snake, threatening to throw it on him. Or maybe he was on a hike and almost stepped on a rattlesnake. Whatever the reason, Jermaine wants to have nothing to do with snakes.

Jermaine's is fear focused on a particular object—he hates snakes. This is a specific phobia. Millions of people suffer from various specific phobias. Maybe you're one of them. Take a moment and look at the list below. See if any of the following phobias register with you.

Approximately 6.3 million American adults have some type of specific phobia. Specific phobias involve marked and persistent fear and avoidance of a specific object or situation.

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## PHOBIAS

### Animals

apiphobia—the fear of bees  
arachnophobia—the fear of spiders  
batrachophobia—the fear of amphibians  
entomophobia—the fear of insects  
equinophobia—the fear of horses  
felinophobia—the fear of cats  
helminthophobia—the fear of being infested with worms  
herpetophobia—the fear of reptiles  
ichthyophobia—the fear of fish  
musophobia—the fear of mice  
ophidiophobia—the fear of snakes  
ornithophobia—the fear of birds  
selachophobia—the fear of sharks  
zoophobia—the fear of animals

### Natural Forces

achluophobia—the fear of darkness  
acrophobia—the fear of heights  
anemophobia—the fear of wind  
astraphobia—the fear of lightning  
ataxiophobia—the fear of falling  
auroraphobia—the fear of northern lights  
barophobia—the fear of gravity  
brontophobia—the fear of thunder and storms  
dinophobia—the fear of whirlpools  
eosophobia—the fear of the dawn  
hydrophobia—the fear of water  
nyctophobia—the fear of darkness  
ombrophobia—the fear of rain  
potamophobia—the fear of rivers  
siderophobia—the fear of stars

### Human Body and Health

acousticophobia—the fear of noise

algophobia—the fear of pain  
 automysophobia—the fear of being dirty  
 belonephobia—the fear of needles  
 bromidrosiphobia—the fear of having body odor  
 cardiophobia—the fear of heart disease  
 chaetophobia—the fear of hair  
 coprophobia—the fear of excrement  
 dermatophobia—the fear of skin lesions  
 emetophobia—the fear of vomiting  
 hematophobia—the fear of blood  
 molysmophobia—the fear of contamination  
 necrophobia—the fear of dead bodies  
 pathophobia—the fear of disease  
 pyrexeophobia—the fear of fever  
 thanatophobia—the fear of death  
 toxophobia—the fear of poisons  
 traumatophobia—the fear of injury  
 vaccinophobia—the fear of vaccinations

### Social Involvements

agoraphobia—the fear of open or crowded public places  
 agyrophobia—the fear of crossing streets  
 amaxophobia—the fear of riding in vehicles  
 anglophobia—the fear of England or things English  
 anthropophobia—the fear of people  
 aphephobia—the fear of touching or being touched  
 catagelophobia—the fear of ridicule  
 deipnophobia—the fear of dinner conversation  
 ecclesiophobia—the fear of church  
 ereuthophobia—the fear of blushing  
 francophobia—the fear of France or things French  
 gephyrophobia—the fear of crossing bridges  
 glossophobia—the fear of speaking in public  
 graphophobia—the fear of writing

gynophobia—the fear of women  
hominophobia—the fear of men  
homophobia—the fear of homosexuals  
judeophobia—the fear of Jews or things Jewish  
kakorrhaphiophobia—the fear of failure  
ochlophobia—the fear of crowds  
pogonophobia—the fear of beards  
scopophobia—the fear of being looked at  
xenophobia—the fear of strangers and strange things

### **Various Concerns**

aichmophobia—the fear of sharp pointed objects  
ballistophobia—the fear of missiles  
bibliophobia—the fear of books  
catoptophobia—the fear of mirrors  
chrometophobia—the fear of money  
claustrophobia—the fear of confinement  
dementophobia—the fear of insanity or going crazy  
demonophobia—the fear of demons  
dextrophobia—the fear of objects to the right  
erythrophobia—the fear of the color red  
harpaxophobia—the fear of robbers  
hodophobia—the fear of travel  
levophobia—the fear of objects to the left  
lyssophobia—the fear of becoming insane  
melophobia—the fear of music  
merinthophobia—the fear of being bound or restrained  
panophobia—the fear of just about anything  
pediophobia—the fear of dolls  
peniaphobia—the fear of poverty  
phobophobia—the fear of fear  
phronemophobia—the fear of thinking  
teratophobia—the fear of monsters or giving birth to a monster  
triskaidekaphobia—the fear of the number 13

Anxiety can be demonstrated through a number of physical manifestations or habits.

- tics
- doodling
- twitches
- nail biting
- hair pulling
- hair chewing
- finger drumming
- sighing frequently
- twisting of clothes
- weak handshakes
- clearing throat often
- holding of objects as a form of security
- not looking at people when they speak
- sitting with legs pointed toward the doorway
- eye movements, as if looking for a way of escape

Fears are educated into us, and can, if we wish, be educated out.

KARL MENNINGER

Are you dealing with some degree or form of anxiety? Do you have a loved one who may be overcome with anxiety? Following is the Phillips Anxiety Evaluator. It is designed to help you assess the degree of anxiety in your life. Take a few moments and answer the questions on the Anxiety Evaluator.

### Phillips Anxiety Evaluator

There are 80 statements in the Phillips Anxiety Evaluator. As you read each statement, honestly evaluate the degree to which the statement applies to you. If the statement does not apply, circle the zero. If the statement does apply, try to determine the amount of influence it has in your life at

Life is either a daring adventure or nothing. Security does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than exposure.

HELEN KELLER

this time. A one would indicate a little influence, a three would indicate a moderate influence, and a five would indicate a strong influence. If you are taking the Anxiety Evaluator for a friend or loved one, simply replace the “I have been” or “I am fearful” statements by substituting his or her name. For example: “Maria has been feeling very helpless,” or “Jermaine is fearful of being on elevators, busses, planes.”

**0 Does Not Apply—5 Strongly Applies**

1. I have been feeling very helpless.*	0 1 2 3 4 5
2. I have been dealing with a lot of sadness lately.	0 1 2 3 4 5
3. I fear being on elevators, busses, planes, etc.	0 1 2 3 4 5
4. I have been experiencing intense fear and discomfort.*	0 1 2 3 4 5
5. I feel my heart pounding a lot.	0 1 2 3 4 5
6. I find myself sweating a lot.	0 1 2 3 4 5
7. I have been experiencing shortness of breath.	0 1 2 3 4 5
8. I feel somewhat detached from myself.	0 1 2 3 4 5
9. I have been trembling and shaking.*	0 1 2 3 4 5
10. I have a hard time going to sleep at night.	0 1 2 3 4 5
11. I have restless sleep throughout the night.*	0 1 2 3 4 5
12. I have been experiencing a sort of choking feeling.	0 1 2 3 4 5

0 Does Not Apply—5 Strongly Applies	
13. I have been having more diarrhea than usual.	0 1 2 3 4 5
14. I have been dealing with excessive guilt.	0 1 2 3 4 5
15. I have been having chest discomfort and pains.	0 1 2 3 4 5
16. I have been feeling worthless and like a failure.*	0 1 2 3 4 5
17. I have a hard time making decisions.	0 1 2 3 4 5
18. I have a hard time concentrating.	0 1 2 3 4 5
19. I have been very negative and pessimistic as of late.*	0 1 2 3 4 5
20. I find myself just sitting and staring for long periods.	0 1 2 3 4 5
21. I have strong desires to withdraw, escape, or run away.	0 1 2 3 4 5
22. I have been having nausea and abdominal distress.*	0 1 2 3 4 5
23. I have frequent upsetting memories.*	0 1 2 3 4 5
24. I have been feeling dizzy and lightheaded.	0 1 2 3 4 5
25. I have been having an increase in headaches.*	0 1 2 3 4 5
26. I fear losing control of my emotions.	0 1 2 3 4 5
27. I have been very self-critical.	0 1 2 3 4 5
28. I have been having hot flashes.	0 1 2 3 4 5
29. I get easily embarrassed or humiliated.	0 1 2 3 4 5
30. I have been experiencing feelings of panic.*	0 1 2 3 4 5
31. I have had thoughts that I might be going crazy.	0 1 2 3 4 5
32. I am afraid of dying.	0 1 2 3 4 5

**0 Does Not Apply—5 Strongly Applies**

33. I have been feeling numbness or tingling sensations.	0 1 2 3 4 5
34. I have a hard time trusting people.	0 1 2 3 4 5
35. I have a great deal of negative anticipation.*	0 1 2 3 4 5
36. I experience cold chills.	0 1 2 3 4 5
37. I worry a great deal of the time.*	0 1 2 3 4 5
38. I am basically a shy or bashful person.	0 1 2 3 4 5
39. I feel a lot of terror and dread.	0 1 2 3 4 5
40. I have a lot of nightmares.	0 1 2 3 4 5
41. I have been having a lot of heartburn lately.	0 1 2 3 4 5
42. I urinate frequently.	0 1 2 3 4 5
43. I have been dissatisfied with life and myself.	0 1 2 3 4 5
44. I am abusing drugs or alcohol.	0 1 2 3 4 5
45. I have a hard time getting close to people.	0 1 2 3 4 5
46. I avoid confrontation at all costs.*	0 1 2 3 4 5
47. I have a hard time relaxing.	0 1 2 3 4 5
48. I get easily embarrassed.	0 1 2 3 4 5
49. I often feel like vomiting.	0 1 2 3 4 5
50. I fear being in crowded places.*	0 1 2 3 4 5
51. I have a hard time leaving my home and going out.	0 1 2 3 4 5
52. I fear being alone.	0 1 2 3 4 5
53. I often have a ringing in my ears.	0 1 2 3 4 5
54. I have a sense of impending doom.*	0 1 2 3 4 5
55. I have a great deal of muscle tension.	0 1 2 3 4 5

<b>0 Does Not Apply—5 Strongly Applies</b>	
56. I feel restless and on edge much of the time.	0 1 2 3 4 5
57. I have had repetitive and uncontrollable thoughts.*	0 1 2 3 4 5
58. I have had repetitive and uncontrollable behaviors.	0 1 2 3 4 5
59. I struggle with misunderstanding people.	0 1 2 3 4 5
60. I get startled easily.	0 1 2 3 4 5
61. I tend to push others away.	0 1 2 3 4 5
62. I lack self-confidence.	0 1 2 3 4 5
63. I may be a little legalistic or perfectionistic.	0 1 2 3 4 5
64. I feel overwhelmed by ordinary tasks.	0 1 2 3 4 5
65. I replay conversations over and over.*	0 1 2 3 4 5
66. I tend to push other people away from me.	0 1 2 3 4 5
67. I feel as if I may have a brain tumor.	0 1 2 3 4 5
68. I feel as if people will laugh at me.	0 1 2 3 4 5
69. I worry a great deal about financial problems.	0 1 2 3 4 5
70. I have a hard time meeting new people.	0 1 2 3 4 5
71. I have fears of snakes, bugs, and various animals.	0 1 2 3 4 5
72. I have a hard time using public bathrooms.	0 1 2 3 4 5
73. I tend to put myself down a lot of the time.	0 1 2 3 4 5
74. I have flashbacks and relive negative events.*	0 1 2 3 4 5
75. I have been under a great deal of stress.	0 1 2 3 4 5

**0 Does Not Apply—5 Strongly Applies**

- |   |             |
|---|-------------|
| 76. I think about the past more than I do the future.*  | 0 1 2 3 4 5 |
| 77. I think it is my fault when bad things happen.      | 0 1 2 3 4 5 |
| 78. I have exaggerated concerns about physical hygiene. | 0 1 2 3 4 5 |
| 79. I hoard and collect things.                         | 0 1 2 3 4 5 |
| 80. I would generally call myself a fearful person.*    | 0 1 2 3 4 5 |

Number of zeros circled \_\_\_\_\_

Number of threes, fours, or fives circled \_\_\_\_\_

Total the number of statements that apply to your life at this time. Now count up the number of statements with an asterisk (\*) that apply to you. If you count five or more, you are most likely experiencing some degree of anxiety. If ten or more of the statements with asterisks apply to you, seek out someone to talk with about your concerns. The statements without asterisks are signs of anxiety that are indicated by physical reactions, mental thoughts, or actual behaviors. If a number of them apply to you, they will suggest areas for thought and discussion. Please review each statement and note if it had a little influence, a moderate influence, or a strong influence in your life at this time. Those circled with a rating of three or more may point to the source of your anxiety.

For a long time the great Russian novelist Dostoyevsky was a political prisoner. He once narrowly escaped the firing squad by a last-minute reprieve from the Czar. He has told us that there was a small shutter in his cell door that was mysteriously opened every evening, and through it the voice of an unknown fellow prisoner whispered to him, "Courage, brother, we also suffer."

WESLEY H. HAGER