

ASI

Please read each of the following statements and then mark the appropriate answer in the space next to that statement. Indicate, using the 0 to 4 scale below, to what extent each statement represents the way you have been thinking or feeling in the **PAST WEEK**.

0 ----- 1 ----- 2 ----- 3 ----- 4
very little a little some much very much

- _____ 1. It is important for me not to appear nervous.
- _____ 2. When I cannot keep my mind on a task, I worry that I might be going crazy.
- _____ 3. It scares me when I feel “shaky.”
- _____ 4. It scares me when I feel faint.
- _____ 5. It is important to me to stay in control of my emotions.
- _____ 6. It scares me when my heart beats rapidly.
- _____ 7. It embarrasses me when my stomach growls.
- _____ 8. It scares me when I am nauseous.
- _____ 9. When I notice that my heart is beating rapidly, I worry that I might have had a heart attack.
- _____ 10. It scares me when I become short of breath.
- _____ 11. When my stomach is upset, I worry that I might be seriously ill.
- _____ 12. It scares me when I am unable to keep my mind on a task.
- _____ 13. Other people notice when I feel shaky.
- _____ 14. Unusual body sensations scare me.
- _____ 15. When I am nervous, I worry that I might be mentally ill.
- _____ 16. It scares me when I am nervous.