

BURNS ANXIETY SCALE

Instructions: Put a check in the space next to the right that best describes how much you have been bothered during the past week.

	0 Not at all	1 Some- what	2 Moderate	3 A lot
Category I: Anxious Feelings				
1. Anxiety, nervousness, worry or fear				
2. Feeling that things around you are strange, unreal, 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/mind jumping from one thing to another				
9. Frightening fantasies or daydreams				
10. Feelings that you are on the verge of losing control				
11. Fears of cracking up or going crazy				
12. Fear of fainting or passing out				
13. Fears of physical illness, heart attacks, or dying				
14. Concerns of looking foolish/inadequate in front of others				
15. Fears of being alone, isolated, abandoned				
16. Fears of criticism or disapproval				
17. Fears that something terrible is about to happen				

Category III: Physical Symptoms

18. Skipping, racing, pounding of the heart ("palpitations")				
19. Pain, pressure, tightness in the chest				
20. Tingling or numbness in toes or fingers				
21. Butterflies or discomfort in the stomach				
22. Constipation or diarrhea				
23. Restless, 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 score for each of the 33 symptoms and record	_____	_____	_____	_____
	Date: _____			

Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit www.Dr-Jane-Bolton.com