

Anxiety Scale

7–10	<i>Major Panic Attack</i>	All of the symptoms in level 6 exaggerated; terror; fear of going crazy or dying; compulsion to escape
6	<i>Moderate Panic Attack</i>	Palpitations; difficulty breathing; feeling disoriented or detached (feeling of unreality); panic in response to perceived loss of control
5	<i>Early Panic</i>	Heart pounding or beating irregularly; constricted breathing; spaciness or dizziness; definite fear of losing control; compulsion to escape
4	<i>Marked Anxiety</i>	Feeling uncomfortable or “spacey”; heart beating fast; muscles tight; beginning to wonder about maintaining control
3	<i>Moderate Anxiety</i>	Feeling uncomfortable but still in control; heart starting to beat faster; more rapid breathing; sweaty palms
2	<i>Mild Anxiety</i>	Butterflies in stomach; muscle tension; definitely nervous
1	<i>Slight Anxiety</i>	Passing twinge of anxiety; feeling slightly nervous
0	<i>Relaxation</i>	Calm; a feeling of being undistracted and at peace