When you’re scared how often do you?   
(i.e. when you watch a scary movie, ride a roller coaster

When you’re sad how often do you?   
(i.e. when you watch a sad movie, hear about the death of a loved one)

When you’re anxious how often do you?  
(i.e. when you get worried about future events, like taking an exam, giving a presentation, etc.)

0, Never

1, Rarely

2, Sometimes

3, Usually

4, Always

If more often than never, when this happens how intense is this experience?

1 – Mild

2

3 – Moderate

4

5 – Severe

1. Not feel like eating anything
2. Eat more than usual
3. Feel sick to your stomach
4. Have butterflies in your stomach
5. Have an uncomfortable feeling in your stomach
6. Feel nauseous
7. Have a bowel movement more than usual
8. Have a bowel movement less than usual
9. Feel that you urinate more than usual / have the urge to urinate more than usual
10. Find it more difficult to urinate
11. Feel like your heart is racing
12. Feel like your face is flushing red
13. Feel like your skin is burning
14. Feel like your face is going pale
15. Begin breathing heavily
16. Have trouble breathing
17. Start sweating
18. Get clammy hands
19. Feel dizzy or lightheaded
20. Feel like it’s difficult to breathe
21. Breathe fast
22. Experience shallow breathing
23. Feel like your throat is constricting
24. Feel like your mouth is really dry
25. Feel your heart racing
26. Get shaky or tremble
27. Have a headache
28. Get tightness or heaviness in your chest
29. Feel stiff
30. Get hot or cold
31. Have aches or pains
32. Feel tired or fatigued
33. Feel lethargic or low energy
34. Get goosebumps