

Here is a list of things that happen to people and that people think or feel. Read each sentence carefully, and circle the one word (Never, Sometimes, Often, or Always) that tells about you best, especially in the last two weeks. THERE ARE NO RIGHT OR WRONG ANSWERS.

	0	1	2	3
1. I worry someone might hurt me at school.	Never	Sometimes	Often	Always
2. My dreams scare me.	Never	Sometimes	Often	Always
3. I worry when I am at school.	Never	Sometimes	Often	Always
4. I think about scary things.	Never	Sometimes	Often	Always
5. I worry people might tease me.	Never	Sometimes	Often	Always
6. I am afraid that I will make mistakes.	Never	Sometimes	Often	Always
7. I get nervous.	Never	Sometimes	Often	Always
8. I am afraid I might get hurt.	Never	Sometimes	Often	Always
9. I worry I might get bad grades.	Never	Sometimes	Often	Always
10. I worry about the future.	Never	Sometimes	Often	Always
11. My hands shake.	Never	Sometimes	Often	Always
12. I worry I might go crazy.	Never	Sometimes	Often	Always
13. I worry people might get mad at me.	Never	Sometimes	Often	Always
14. I worry I might lose control.	Never	Sometimes	Often	Always
15. I worry.	Never	Sometimes	Often	Always
16. I have problems sleeping.	Never	Sometimes	Often	Always
17. My heart pounds.	Never	Sometimes	Often	Always
18. I get shaky.	Never	Sometimes	Often	Always
19. I am afraid that something bad might happen to me.	Never	Sometimes	Often	Always
20. I am afraid that I might get sick.	Never	Sometimes	Often	Always

RS

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