Have you been feeling unusually nervous or worried lately?

1. "Yes, I've been feeling constantly nervous and worried about a lot of things, even small issues."
2. "I feel anxious almost every day, even when there's no clear reason for it."
3. "Honestly, it's been a rollercoaster."
4. "I've felt this constant undercurrent of worry for weeks now."
5. "It's like my mind is racing all the time, jumping from one thing to the next."
6. "Simple tasks that used to be easy feel overwhelming."
7. "I find myself getting easily irritated and snapping at people, which I hate doing."
8. "My sleep has been terrible – either I can't fall asleep, or I wake up constantly."
9. "And don't even get me started on the physical symptoms – the heart palpitations, sweating, and that tight feeling in my chest."
10. "It's exhausting."
11. "I know it's not normal, but I can't seem to shake it off."
12. "Specific worries or fear"
13. "Panic attacks or intrusive thoughts "
14. "Avoiding social situations"
15. "Difficulty concentrating"
16. "I'm experiencing feelings of panic and uneasiness today."
17. "It's been a challenging day,"
18. "I've had trouble sleeping and my anxiety levels are through the roof."
19. "I can't seem to stay calm and still."
20. "My hands and feet are cold and sweaty."
21. "I'm breathing faster than usual, and my heart is racing."
22. "It's an anxious day for me."
23. "My mouth is dry, and I’m feeling nauseous."
24. "I think my anxiety is getting the best of me today."
25. "I’ve been ruminating on a problem endlessly."
26. "I just can’t concentrate on anything else."
27. "Avoiding feared places has been struggle today."
28. "My anxiety is quite intense."
29. "I feel like my muscles are constantly tensed and dizziness has been bothering me."
30. "My mind is racing."
31. "I can’t stop thinking about various worries and fears."
32. "Today is just an anxious day."
33. "I’m overwhelmed with anxiety."

Do you find it difficult to control your worrying?

1. "Absolutely. Once I start worrying, it's hard to stop."
2. "My mind keeps racing with negative thoughts."
3. "Yes, no matter how much I try, I can't seem to calm my mind or stop worrying about everything."
4. "It's like having a runaway train in my head."
5. "I can feel a worry starting to creep in, and before I know it, I'm spiraling into a catastrophic scenario."
6. "I try to distract myself, or reason with myself."
7. "It’s like fighting a losing battle."
8. "Some days, it feels like my mind is constantly racing, and I can’t turn it off, even when I'm exhausted."
9. "It's incredibly frustrating and exhausting."
10. "Yeah, it's really hard."
11. "It often does."

Do you experience physical symptoms like a racing heart, sweating, or trembling when you're anxious?

1. "Yes, I often get a racing heart and sometimes I start sweating or my hands tremble when I'm anxious."
2. "I get headaches and feel really tense in my muscles when I'm anxious, sometimes to the point where I feel physically sick."
3. "Absolutely, it’s like my body goes into overdrive."
4. "My heart starts pounding like a drumbeat."
5. " I can feel the sweat breaking out, even if it's freezing cold."
6. " My hands get shaky."
7. " Sometimes my hands even tremble so much I can barely hold something."
8. " It's embarrassing and uncomfortable."
9. " I’ve also noticed that my breathing gets shallow and rapid."
10. " I often feel a tightness in my chest."
11. " It's like my body is constantly on high alert, even when there's nothing to be afraid of."
12. "It often does."

Do you avoid certain situations or activities because they make you feel anxious?

1. "Yes, I tend to avoid social gatherings and sometimes even going out because I'm afraid of feeling anxious."
2. "I avoid speaking in public and even skip important meetings because I know they'll make me anxious."
3. "Definitely. It's become a big part of my life."
4. "Crowds, for example, are a nightmare."
5. "The noise, the people, the feeling of being trapped – it's overwhelming."
6. "I find myself avoiding social gatherings, even with close friends, because I'm terrified of having a panic attack."
7. "Even simple things can be a challenge."
8. "I plan my routes carefully to avoid busy times."
9. "I often do my shopping online to avoid the stores altogether."
10. "It's like my world is shrinking, and it's really frustrating."
11. "I don't like people and crowded places"

Has your anxiety affected your daily activities, work, or relationships?

1. "Definitely. It's hard to focus on work."
2. "I feel like my anxiety is straining my relationships with friends and family."
3. "Yes, my productivity has dropped."
4. "I often cancel plans with friends because I feel too anxious to go out."
5. "It's been a real struggle."
6. "My anxiety has completely thrown my life off balance."
7. "Simple tasks like getting out of bed or taking a shower can feel like insurmountable challenges."
8. "I used to love my job, but now the thought of going in fills me with dread."
9. "I've started avoiding social situations."
10. "I'm constantly worried about saying or doing the wrong thing."
11. "My relationships have suffered too."
12. "I've become more withdrawn and irritable."
13. "It's pushing people away."
14. "It's a vicious cycle, and I feel trapped."
15. ""