

*This section deals with your thoughts and worries about your anxiety.  
Please tick the appropriate choice as to how often you have experienced the  
following thoughts during the last two weeks.*

	NOT AT ALL	OCCASIONALLY	OFTEN	MOST OF THE TIME
1 I'm going to have a heart attack.				
2 I'm going to faint.				
3 I'm going to look a fool.				
4 Things are getting worse and worse.				
5 People are looking at me.				
6 I'm going to go mad.				
7 I'm going to be too anxious to speak properly.				
8 I'm not going to be able to cope.				
9 I'm going to have a panic attack.				
10 There is something physically wrong with me. I'm ill.				
11 Why do other people cope better than I do?				
12 I can't face up to this because I will not be able to do it.				
13 I'm under a great deal of stress at the moment.				
14 Any other worrying thoughts.				