

# THE BURNS ANXIETY INVENTORY

<p><b>INSTRUCTIONS:</b> The following is a list of symptoms that people sometimes have. Put a check ( <input type="checkbox"/> ) in the space to the right that best describes how much that symptom or problem has bothered you during this past week.</p> <p style="text-align: center;"><b>SYMPTOM LIST</b></p>	0-NOT AT ALL	1-SOMEWHAT	2-MODERATELY	3-A LOT
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## CATEGORY I: ANXIOUS FEELINGS

1.	Anxiety, Nervousness, Worry, and Fear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	Feeling that things around you are strange, unreal or foggy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	Feeling detached from all or part of your body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	Sudden unexpected panic spells	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	Apprehension or a sense of impending doom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	Feeling tense, stressed, "uptight," or on edge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## CATEGORY II: ANXIOUS THOUGHTS

7.	Difficulty concentrating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	Racing thoughts or your mind jumps from one thing to the next.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	Frightening fantasies or daydreams	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	Feeling that you're on the verge of losing control	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11.	Fears of cracking up or going crazy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	Fears of fainting or passing out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13.	Fears of physical illness or heart attacks or dying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14.	Concerns about looking foolish or inadequate in front of others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15.	Fears of being alone, isolated, or abandoned	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

16.	Fears of criticism or disapproval	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17.	Fears that something terrible is about to happen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**CAEGORY III: PHYSICAL SYMPTOMS**

18.	Skipping or racing or pounding of the heart (palpitations)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19.	Pain, pressure, or tightness in the chest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20.	Tingling or numbness in the toes or fingers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21.	Butterflies or discomfort in the stomach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22.	Constipation or diarrhea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23.	Restlessness or jumpiness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24.	Tight, tense muscles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25.	Sweating not brought on by heat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26.	A lump in the throat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27.	Trembling or shaking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28.	Rubbery or “jelly” legs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29.	Feeling dizzy, lightheaded, or off balance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30.	Choking or smothering sensations or difficulty breathing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31.	Headaches or pains in the neck or back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32.	Hot flashes or cold chills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33.	Feeling tired, weak, or easily exhausted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Add up your total score for the 33 symptoms and record it here.	
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<b>DATE:</b>	
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<b>TOTAL SCORE</b>	<b>DEGREE OF ANXIETY</b>	<b>YOUR SCORE</b>
0-4	Minimal or No Anxiety	
5-10	Borderline Anxiety	
11-20	Mild Anxiety	
21-30	Moderate Anxiety	
31-50	Severe Anxiety	
51-99	Extreme Anxiety or Panic	

## HOW TO OVERCOME FEARS, PHOBIAS, AND PANIC ATTACKS

<b>1.</b>	<b>THE EXPERIMENTAL METHOD</b>	Do an experiment to test your belief that you're "cracking up" or "having a heart attack" or "losing control."
<b>2.</b>	<b>PARADOXIAL TECHNIQUES</b>	Exaggerate your fears instead of running away from them. If you have the fear of cracking up or having a stroke, you try your hardest to crack up or have a stroke.
<b>3.</b>	<b>SHAME-ATTACKING EXERCISES</b>	Purposely do something silly in public, in order to overcome your fear of appearing foolish.
<b>4.</b>	<b>CONFRONT YOUR FEARS</b>	Expose yourself to whatever you're afraid of instead of running away and letting your fears cripple you. There are three ways of doing this:
	<b>Sudden exposure or "flooding"</b>	Allow yourself to experience all your symptoms, no matter how bad they get. You endure your fears until they run their course.
	<b>Gradual exposure</b>	You gradually expose yourself to whatever you're afraid of (like being away from home alone, getting into grocery stores, or taking buses or elevators). You back off when your anxiety becomes too great.
	<b>The partnership method</b>	If you're afraid of being alone, you can ask someone you feel safe with to walk a certain distance ahead of you and wait for you. Then you walk and meet them there. The next time you ask them to go a little farther, so you can gradually increase the distance you can walk alone.
<b>5.</b>	<b>DAILY MOOD LOG</b>	Write down the negative thoughts that make you feel anxious or frightened. Identify the distortions in these thoughts and replace them with more realistic, positive thoughts. Instead of worrying yourself sick by constantly predicting failure and catastrophes, tell yourself that things will turn out reasonably well.
<b>6.</b>	<b>THE COST-BENEFIT ANALYSIS</b>	Make a list of the advantages and disadvantages of worrying and avoiding whatever you fear. Weigh the advantages against the disadvantages. Make a second list of the advantages and disadvantages of confronting your fears. Weigh the advantages against the disadvantages.
<b>7.</b>	<b>POSITIVE IMAGING</b>	Substitute reassuring and peaceful images for the frightening daydreams and fantasies that make you feel so anxious.

8.	<b>DISTRACTION</b>	Distract yourself with intense mental activity (like working on a Rubik's Cube), strenuous exercise, or by getting involved in your work or a hobby.
9.	<b>THE ACCEPTANCE PARADOX</b>	When you feel anxious or panicky, you may make matters worse by insisting that you shouldn't feel this way. This is like throwing gasoline on a fire, and your anxiety gets worse. One way to develop greater self-acceptance is to write out a dialogue with an imaginary hostile stranger who puts you down for feeling anxious. The hostile stranger is simply a projection of your own self-criticism. When you talk back to them, you will develop greater self-acceptance, and your anxiety will usually diminish or disappear.
10.	<b>GETTING IN TOUCH</b>	When you feel anxious or panicky, you are probably ignoring certain problems that need to be dealt with. Review your life and try to get in touch with the situation that's making you feel so upset. When you find the courage to deal with the problem more openly and directly, it can be very liberating!