



Solutions Treatment Center

The Way Forward

10 Questions to Help Identify Anxiety Disorder

1. Do you experience episodes of intense fear or panic accompanied by any of the following sensations: shortness of breath, extreme nervousness, shaking, sweating, chest pains, lightheadedness, a feeling of impending doom and a feeling like you have to escape?
2. Do you have a tendency to focus on the worst possible outcomes in certain situations?
3. Are you worried, nervous or feeling afraid more often than you used to be?
4. Are you avoiding social situations because anxiety?
5. Do you get nervous when stuck in a line, stalled in traffic, in a crowd, or at a place where you feel you can't escape or get out if you need to?
6. Do you worry if things are not "just so" that something bad will happen?
7. Do you have irrational, obsessive or ruminating thoughts that won't go away?
8. Does your anxiety or fear get in the way of doing things you would really like to do?
9. Do you find yourself obsessing about your health and you own mortality?
10. Do you miss interacting with family and friends out of worry and a sense of anxiousness?

If you answered yes to two or more of these questions, you may have a problem with anxiety and it is likely that you would benefit from therapy or treatment. Anxiety does not need to control your life.

Solutions Treatment Center can help. Call Today for more information.
877-499-1354 or visit our website at www.treatmentsolutions.org