



# Solutions Treatment Center

*The Way Forward*

## **10 Questions to Help Identify Generalized Anxiety Disorder**

1. Do you experience excessive worry, occurring most days for at least 6 months?
2. Do you worry unreasonably about events or activities like work, school or health?
3. Are you unable to control this worry?
4. Are you bothered by restlessness, feeling keyed-up or on edge?
5. Are you easily tired? Have problems concentrating? Are you irritable?
6. Do you have sleeping problems? Either falling asleep or staying asleep or restlessness?
7. Have you experienced changes in your eating habits – either loss of appetite or binging?
8. Does anxiety disrupt your daily life?
9. Most days do you feel sad or depressed, disinterested in life or worthless and guilty?
10. During the past year has the use of alcohol or drugs affected your ability to function normally?

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.

Solutions Treatment Center can help. Call Today for more information.  
877-499-1354 or visit our website at [www.treatmentsolutions.org](http://www.treatmentsolutions.org)