Anxiety Symptoms Worksheet

Anxiety symptoms can be often be grouped into 3 categories. Some symptoms are of the somatic or physiological type, which are those that are related to physical sensations, for example: shortness of breath, tightness in the chest, lightheadedness, etc. Some symptoms are of the cognitive type (thought responses) and affective type (emotions), such as: fear of having a heart attack, going crazy, feeling frightened, etc. The third category of symptoms is to do with how you act and behave, for example: not going out, avoiding people or objects, going out only with people you are close to, etc.

SOMATIC/ PHYSIOLOGICAL	COGNITIVE/ AFFECTIVE	BEHAVIOURAL