

ASI-3

INSTRUCTIONS: Circle the **one phrase** that best represents the extent to which you agree with the item. If any of the items *concern something* that is not part of your experience (e.g., "it scares me when I feel shaky" for someone who has never trembled or had the "shakes"), answer on the basis of how you think you might feel *if you had* such an experience. Otherwise, answer all items on the basis of your own experience.

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|--|-------------|----------|------|------|-----------|
| 1. It is important for me not to appear nervous. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |
| 2. When I cannot keep my mind on a task, I worry that I might be going crazy. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |
| 3. It scares me when my heart beats rapidly. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |
| 4. When my stomach is upset, I worry that I might be seriously ill. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |
| 5. It scares me when I am unable to keep my mind on a task. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |
| 6. When I tremble in the presence of others, I fear what people might think of me. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |
| 7. When my chest feels tight, I get scared that I won't be able to breathe properly. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |
| 8. When I feel pain in my chest, I worry that I'm going to have a heart attack. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |
| 9. I worry that other people will notice my anxiety. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |
| 10. When I feel "spacey" or spaced out I worry that I may be mentally ill. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |
| 11. It scares me when I blush in front of people. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |
| 12. When I notice my heart skipping a beat, I worry that there is something seriously wrong with me. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |
| 13. When I begin to sweat in a social situation, I fear people will think negatively of me. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |
| 14. When my thoughts seem to speed up, I worry that I might be going crazy. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |
| 15. When my throat feels tight, I worry that I could choke to death. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |
| 16. When I have trouble thinking clearly, I worry that there is something wrong with me. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |
| 17. I think it would be horrible for me to faint in public. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |
| 18. When my mind goes blank, I worry there is something terribly wrong with me. | VERY LITTLE | A LITTLE | SOME | MUCH | VERY MUCH |