



## **Anxiety Rating Scale**

0 = Relaxation Calm; a feeling of being undistracted and at peace

1 = Slight Anxiety Passing twinge of anxiety; feeling slightly nervous

2 = Mild Anxiety Butterflies in stomach: muscle tension, definitely nervous

3 = Moderate Anxiety Feeling uncomfortable but still in control; heart starting to beat faster: more rapid breathing; sweaty palms

4 = Marked Anxiety Feeling uncomfortable or “spacey”; heart beating fast; muscles tight; beginning to wonder about maintaining control

5 = Early Panic Heart pounding or beating irregularly; constricted breathing; spaciness or dizziness; definite fear of losing control; compulsion to escape

6 = Moderate Panic Attack Palpitations; difficulty breathing; feeling disoriented or detached (feeling of unreality; panic in response to perceived loss of control

7-10 = Major Panic Attack All of the symptoms in level 6 exaggerated; terror; fear of going crazy or dying; compulsion to escape