



IDENTIFY YOUR HIDDEN ANXIETY TRAITS AND START YOUR JOURNEY TO CALM AND CLARITY

High-Functioning Anxiety (HFA) Self-Assessment Test

Scale:

- ### Assessment Statements:

1. **Perfectionism:** I set excessively high standards and feel distressed if things aren't perfect.
2. **Overthinking:** I replay conversations or scenarios repeatedly in my mind.
3. **Constant Worry:** Even when things go well, I worry that something will soon go wrong.
4. **Difficulty Saying No:** I often feel obligated to agree to tasks even when overwhelmed.
5. **Restlessness:** I find it challenging to relax or slow down, even during leisure time.
6. **Fear of Failure:** I fear disappointing myself or others, which drives constant activity.
7. **Self-Doubt:** Despite successes, I frequently question my abilities and self-worth.
8. **Fatigue and Burnout:** I often feel tired, despite getting adequate rest.

9. **Procrastination from Anxiety:** Anxiety about outcomes sometimes delays me from starting tasks.
10. **Physical Tension:** I frequently experience physical symptoms (headaches, stomach issues, muscle tension) due to stress or worry.

Scoring Interpretation:

- **0–10:** Minimal HFA traits. You're managing anxiety effectively, but remain attentive to potential stressors.
- **11–20:** Mild to Moderate HFA traits. Consider increasing self-care practices and stress-management techniques.
- **21–30:** Significant HFA traits. Explore professional guidance or structured self-care and stress-management strategies.
- **31–40:** High HFA traits. Strongly consider consulting a mental health professional for support.

Embracing Self-Awareness and Growth

Recognizing high-functioning anxiety indicates your dedication to personal insight and well-being. Here's how you can take actionable steps forward:

- **Seek Support:**
 - Connect with therapists specialized in anxiety.
 - Join support groups (online or in-person) focused on high-functioning anxiety.
- **Practice Mindfulness:**
 - Start each day with a brief meditation or breathing exercise.
 - Journal regularly to process thoughts and identify patterns.
- **Set Boundaries:**
 - Learn to gently but firmly say no when overwhelmed.
 - Schedule regular downtime into your routine.
- **Celebrate Small Wins:**

- Take time to reflect on and celebrate accomplishments—big and small—to reinforce positivity and build resilience.

Remember, you're on a courageous journey. Each step toward self-understanding is a powerful investment in your mental wellness and overall growth!

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