

The Anxiety 0-10 Scale

- 10** Worst panic attack ever. I am in extreme distress, with tension throughout my body. This is the worst possible fear and anxiety I could ever imagine.
- 9** The distress is so great that I feel like I can't think straight or function.
- 8** A great deal of distress with high levels of fear, anxiety, worry. I can't tolerate this level of distress for very long. It will negatively impact my functioning if it continues.
- 7** Stressed out. My body tension is substantial and unpleasant – but I can tolerate it for awhile and I can still think and function.
- 6** Noticeable, bothersome tension levels – the adrenaline is flowing, with moderate distress and unpleasant feelings of apprehension, fear, or anxiety. I can work through it but I'm not happy about it.
- 5** Beginning to be uncomfortable with mild negative body tension. Aware of a little anxiety – but I can ignore it if I choose. The distress is definitely manageable.
- 4** Psyched, pumped, excited, energetic. Some tension, but in a good way.
- 3** Comfortable and focused with adequate energy.
- 2** Mellow and laid back – no tension at all.
- 1** Drowsy and dosing.
- 0** Sound asleep.