

## The Penn State Worry Questionnaire - PSWQ

The Penn State Worry Questionnaire (PSWQ)		Not at all typical of me (0)	- (1)	- (2)	- (3)	Very typical of me (4)
1	If I do not have enough time to do everything, I do not worry about it.					
2	My worries overwhelm me.					
3	I do not tend to worry about things.					
4	Many situations make me worry.					
5	I know I should not worry about things, but I just cannot help it.					
6	When I am under pressure I worry a lot.					
7	I am always worrying about something.					
8	I find it easy to dismiss worrisome thoughts.					
9	As soon as I finish one task, I start to worry about everything else I have to do.					
10	I never worry about anything.					
11	When there is nothing more I can do about a concern, I do not worry about it any more.					
12	I have been a worrier all my life.					
13	I notice that I have been worrying about things.					
14	Once I start worrying, I cannot stop.					
15	I worry all the time.					
16	I worry about projects until they are all done.					