# Self-Assessment Worksheet: My Anxiety and Emotions

Name: Blank Class: Blank Date: Blank

This self-assessment will help you understand how you experience anxiety and sadness. The following statements reflect different ways these emotions can be experienced. Select the answer that is most accurate for you. Be honest in your responses so that you can have a full understanding of how you experience these emotions. When you are done, add up your points. The closer you are to 27 points, the better able you are to recognize and manage your emotions.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Always | Sometimes | Never |
| I recognize when I am feeling anxious. | 3 | 2 | 1 |
| I know what things normally cause me to feel anxious. | 3 | 2 | 1 |
| I know what to do if I start to feel anxious. | 3 | 2 | 1 |
| I practice relaxing when I am anxious. | 3 | 2 | 1 |
| I feel in control of my fears and anxieties. | 3 | 2 | 1 |
| When I feel anxious or fearful, I can still concentrate and stay calm. | 3 | 2 | 1 |
| I recognize when I am feeling sad. | 3 | 2 | 1 |
| I can motivate myself to do daily activities even if I am feeling sad or depressed. | 3 | 2 | 1 |
| I feel hopeful about the future even when I am feeling sad. | 3 | 2 | 1 |

My score for My Anxiety and Emotions = Blank (total number of points)