



Anxiety Transformation Quiz

Please answer 'Yes' or 'No' to each question.	YES ✓	NO ✗
1. Do you judge yourself or speak harshly or critically to yourself when you're feeling anxious or panicked?		
2. Does having anxiety or panic attacks make you feel weak, exposed, embarrassed or ashamed?		
3. Does the idea of having a panic attack scare you and is it something you try to avoid at all costs?		
4. Do you push yourself to get through an anxious day or a panic attack by saying something like: "For God's sake, get over it!" Or "You are not doing this to me now!"		
5. Are you worried that being anxious or having a panic attack will affect your performance at work?		
6. Has anxiety or panic ever happened to you while you've been driving your car or caring for your kids, possibly putting you or your kids in danger?		
7. Have you noticed certain situations or people that trigger you to feel anxious or panicked more than others?		
8. Do either of your parents or siblings have anxious tendencies?		
9. Was there any family trauma in your childhood (death, divorce, illness) or did you personally experience any trauma as a child?		
10. Were any of your boundaries crossed as a child – physical, emotional, sexual or spiritual – where you felt embarrassed, ashamed or hurt?		
11. Were either of your parents strict, authoritarian or had high expectations?		
12. Was it okay to express your emotions as a child or did you hear things like: 'Stop that crying or I'll give you something to cry about!'?		
13. Have you ever felt alone, like you don't belong or you're misunderstood by your family?		
14. Is perfectionism one of your traits?		
15. Do you prefer to plan ahead rather than being spontaneous or leaving things to chance?		
16. If someone asks you how you feel, do you have trouble naming your emotions?		
17. Do you ever over-analyse or try to think through your problems?		
18. Is it difficult for you to be aware of the sensations you feel in your body?		
19. Have you ever used drugs, alcohol, cigarettes, food, binge TV, exercise, friends, etc to avoid or numb intense emotions like anxiety or panic?		

20. Do you have problems with sleep, digestive, energy or hormone imbalances or bite your nails?		
21. Do you feel restless or get annoyed or irritated easily?		
22. Have you ever made choices to please others and keep them happy?		
23. Do new situations, new experiences or meeting new people make you nervous?		
24. Do you worry about you and your family's future – health, finances, happiness?		
25. Do you ever feel that anxiety or panic are limiting your choices in life?		

***If you answered 'yes' to a number of these questions or questions that have a similar theme, you may wish to discuss your results.**

Having dealt with anxiety and experienced panic attacks, I totally understand that racing heart, shortness of breath, tightness in the chest and scattered thinking you experience. A highly aroused stress response gets activated and it's not comfortable *at all!*

Anxiety and panic are protective mechanisms that do have a purpose at times, but more often than not, they're old programs that no longer serve us and often make us feel out of control.

If you'd like to discuss your anxiety or panic, I offer a **free 30-minute *Anxiety Solutions Call*** to:

1. Discuss your quiz results.
2. Ask further questions to gain a deeper understanding.
3. Provide you with clarity on the possible underlying causes and why they're there.
4. Identify key steps to address your anxiety and panic.
5. Provide you with some tools that you can use immediately for support.

To make an appointment for your free call, please contact me

Email: jocelyn@transformwithin.com.au

Phone or text: 0417 838 958

*I aim to respond the same day or next business day

