

## **GAD: *Self-Assessment Questionnaire***

Please rate how well each of the statements below describes your usual way of interacting with your world.

0 = Never or rarely true to me; 1 = Somewhat true; 2 = Quite true; 3 = Very true of me.

- 1 . . . . . I spend a lot of time thinking about what might go wrong for the people I care about.
- 2 . . . . . I am always reminding my family and friends to be careful in what they do.
- 3 . . . . . There seem to be so many dreadful things happening in society these days.
- 4 . . . . . People say I worry too much, but they don't understand what could go wrong.
- 5 . . . . . I always plan very carefully for events and try to think of everything that could go wrong.
- 6 . . . . . Even after an event has turned out OK, I still think about what could have gone wrong.
- 7 . . . . . I feel better going out if I have someone with me who could help me if I get anxious.
- 8 . . . . . I can't understand people who say: "Don't worry; it will all work out."
- 9 . . . . . I will do everything to protect my family from even the slightest harm.

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GAD: SELF-ASSESSMENT QUESTIONNAIRE (CONTINUED)

10 . . . . . It's hard to feel safe anywhere.

11 . . . . . I prefer to go places that are familiar to me and feel safe.

12 . . . . . I don't seem to go out to as many places and events as I used to.

13 . . . . . I have high standards for myself and expect to do my best at everything.

14 . . . . . I am often overwhelmed by all the things I have to do.

15 . . . . . I can't focus on one thing at a time and therefore nothing much gets done.

16 . . . . . I always push myself very hard to do my best at everything.

17 . . . . . Sometimes I am so worried about doing things right that I can't even get started.

18 . . . . . People think I am reliable, conscientious and always willing to take on extra tasks.

19 . . . . . I get really mad at myself if I make mistakes.

20 . . . . . I am afraid that I would be rejected if I did not do excellent work.

## GAD: *Self-Assessment Profile*

**Worrier:** High scores on questions 1-9

Main Fears	Main Thoughts	Coping Behaviours
<ul style="list-style-type: none"> <li>• Something bad will happen to self or loved ones</li> <li>• General fear of looming catastrophes (e.g. floods, disease, etc.)</li> <li>• Belief that whatever happens will be unbearable and too overwhelming to cope with</li> </ul>	<ul style="list-style-type: none"> <li>• The world is full of danger</li> <li>• Something terrible is going to happen</li> <li>• I won't be able to cope</li> <li>• I won't be able to stand it</li> </ul>	<ul style="list-style-type: none"> <li>• Worry endlessly</li> <li>• Talk to others about worry topics</li> <li>• Seek sympathy for worry</li> <li>• Fail to engage in effective planning</li> <li>• Over plan for every contingency</li> <li>• Nag and remind people about being careful</li> <li>• Rehash event afterwards, with focus on what might have happened</li> </ul>
Suggested Strategies		
<ul style="list-style-type: none"> <li>• Take a relaxing bubble bath</li> <li>• Listen to soothing music</li> <li>• Do a craft or puzzle</li> <li>• Spend a few minutes appreciating nature</li> <li>• Watch a funny movie</li> <li>• Read a captivating book</li> </ul>	<ul style="list-style-type: none"> <li>• Spend time in the garden</li> <li>• Light a fragrant candle</li> <li>• Bake cookies</li> <li>• Pet your dog or cat</li> <li>• Enjoy a massage</li> <li>• Meditation, yoga</li> </ul>	

**Stay Safe Avoider:** High scores on questions 10-12

Main Fears	Main Thoughts	Coping Behaviours
All of above plus <ul style="list-style-type: none"> <li>• Being left alone to cope with disaster</li> </ul>	All of above plus <ul style="list-style-type: none"> <li>• I need to be protected</li> <li>• I am not strong enough on my own</li> </ul>	All of above plus <ul style="list-style-type: none"> <li>• Restrict activities to "safe" zone</li> <li>• Avoid going out or being left alone</li> <li>• Keep mental list of dangerous places and times to avoid (e.g. night, crowds)</li> </ul>
Suggested Strategies		
All of above plus <ul style="list-style-type: none"> <li>• Take small risks</li> <li>• Call or visit a mentor, or friend</li> </ul>	<ul style="list-style-type: none"> <li>• Get out of the house</li> <li>• Take action, start small</li> </ul>	

## **GAD: Self-Assessment Profile**

**Hard Driver:** High scores on questions 13-20

Main Fear	Main Thoughts	Coping Behaviours
<ul style="list-style-type: none"> <li>• Making mistakes</li> <li>• Failing</li> <li>• Not meeting own and others' standards or expectations</li> <li>• Rejection</li> <li>• Disappointing self or others</li> </ul>	<ul style="list-style-type: none"> <li>• I have to be perfect but that's impossible</li> <li>• I have to keep going</li> <li>• No one knows the real me and how weak I am</li> <li>• If I fail or make a mistake something terrible will happen</li> <li>• I won't be able to cope</li> <li>• I won't be able to stand it</li> </ul>	<ul style="list-style-type: none"> <li>• Cram schedule too full</li> <li>• Overextending and not setting limits</li> <li>• Set standards and goals too high</li> <li>• Procrastinate</li> <li>• Use self-talk to push self and at the same time predict failure</li> <li>• Multi-task to the point of inefficiency</li> <li>• Assume 100% responsibility for failure</li> </ul>
Suggested Strategies		
<ul style="list-style-type: none"> <li>• Leave a project undone</li> <li>• Make a mistake on purpose</li> <li>• Schedule down time</li> <li>• Take a mini vacation</li> <li>• Stay in your PJs for a day</li> <li>• Drop your towels on the floor after you use them</li> <li>• Ask for help</li> <li>• Spend time appreciating yourself</li> </ul>		<ul style="list-style-type: none"> <li>• Let your answering machine get your calls</li> <li>• Take spontaneous stress breaks</li> <li>• Set limits with family and friends</li> <li>• Do one thing at a time</li> <li>• Focus on the moment</li> <li>• Dare to be average</li> <li>• Use affirmations (e.g. "I am worthy", "I don't need to be perfect")</li> </ul>