

Anxiety Sensitivity Index -3

Below are a number of statements which people have used to describe themselves.
Please mark the number that best indicates how much each statement relates to you.

	<i>Very little</i>	<i>A little</i>	<i>Some</i>	<i>Much</i>	<i>Very Much</i>
It is important for me not to appear nervous.	0	1	2	3	4
When I cannot keep my mind on a task, I worry that I might be going crazy.	0	1	2	3	4
It scares me when my heart beats rapidly.	0	1	2	3	4
When my stomach is upset, I worry that I might be seriously ill.	0	1	2	3	4
It scares me when I am unable to keep my mind on a task.	0	1	2	3	4
It scares me when I am unable to keep my mind on a task.	0	1	2	3	4
When my chest feels tight, I get scared that I won't be able to breathe properly.	0	1	2	3	4
When I feel pain in my chest, I worry that I'm going to have a heart attack.	0	1	2	3	4
I worry that other people will notice my anxiety.	0	1	2	3	4
When I feel "spacey" or spaced out I worry that I may be mentally ill.	0	1	2	3	4
It scares me when I blush in front of people.	0	1	2	3	4
When I notice my heart skipping a beat, I worry that there is something seriously wrong with me.	0	1	2	3	4
When I begin to sweat in a social situation, I fear people will think negatively of me.	0	1	2	3	4
When my thoughts seem to speed up, I worry that I might be going crazy.	0	1	2	3	4

	<i>Very little</i>	<i>A little</i>	<i>Some</i>	<i>Much</i>	<i>Very Much</i>
When my throat feels tight, I worry that I could choke to death.	0	1	2	3	4
When I have trouble thinking clearly, I worry that there is something wrong with me.	0	1	2	3	4
I think it would be horrible for me to faint in public.	0	1	2	3	4
When my mind goes blank I worry there is something terribly wrong with me.	0	1	2	3	4
