

Anxiety Scale  
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7 – 10	Major Panic Attack	All of the symptoms in Level 6 are exaggerated; terror; fear of going crazy or dying; compulsion to escape
6	Moderate Panic Attack	Palpitations; difficulty breathing; feeling disoriented or detached (feeling of unreality); panic in response to perceived loss of control
5	Early Panic	Heart Pounding or beating irregularly; constricted breathing; spaciness or dizziness; definite fear of losing control; compulsion to escape
4	Marked Anxiety	Feeling uncomfortable or “spacey”; heart beating fast; muscles tight; beginning to wonder about maintaining control
3	Moderate Anxiety	Feeling uncomfortable but still in control; heart starting to beat faster; more rapid breathing; muscles tightening; sweaty palms
2	Mild Anxiety	Butterflies in stomach; muscle tension; definitely nervous
1	Slight Anxiety	Passing twinge of anxiety, feeling slightly nervous
0	Relaxation	Calm, a feeling of being undistracted and at peace

The symptoms at various levels of this scale are typical, although they may not correspond exactly to your own symptoms. The important thing is to *identify what constitutes a Level 4 for you*. This is the point at which you feel your control over you reaction beginning to diminish.

Up to and through Level 3, you may be feeling anxious and uncomfortable, but you still feel that you’re coping. Starting at Level 4, you begin to wonder whether you can manage what’s happening, which can lead you to escalate your anxiety further.

With practise you can learn to “catch yourself” and limit your reaction before it reaches this point of no return. The more adept you become at recognizing slight to moderate levels of anxiety up through Level 4 on the scale, the more control you will gain over your anxiety.