



Do You Have High-Functioning Anxiety?

Take this quiz

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|---|------------------------------|-----------------------------|
| 1. Do you feel like you worry or are stressed too frequently or your family and friends say you are? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 2. Are you able to function and meet all of life's requirements but often feel like you're just going through the motions and not getting joy and satisfaction out of life? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 3. Do you feel like you're barely treading water in your attempts to stay on top of your worries and concerns? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 4. Do you have a hard time falling asleep as worries and other stressful thoughts run through your mind? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 5. Are you often tense and physically stressed out? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 6. Have your anxiety symptoms lasted more than six months and not just a single-day occurrence? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 7. If you had to rate discomfort from anxiety and worry on a scale of 1 to 10, would you say it's, on average, above a 6? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 8. Imagine you had a magic wand...would one of your top wishes be to experience less anxiety or worry? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |

If you answered “yes” to four or more of these questions, you could have high-functioning anxiety. Don't just grit your teeth and bear it. Show your doctor or therapist the results of this quiz and ask for a referral to a mental-health expert trained in cognitive behavioral therapy.

Source: Debra Kissen, PhD, MHSA, clinical fellow at the Anxiety and Depression Association of America (ADAA), cochair of ADAA's Public Education Committee and executive director of the Light on Anxiety CBT Treatment Center of Chicago.