



# 2GetHelp Wellness Center

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## The Panic Anxiety Self Quiz

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There are three (3) elements of Panic Disorder we need to overcome in order to live normal lives. They are: 1. A false, contradictory or impossible belief system; 2. A kind of physical “knee jerk” or habitual reaction, “When I tense, I tense more.”; and 3. Living in the future, catastrophizing. Before you try to overcome your panic by practicing breathing techniques and relaxation skills, take a look at your “kinky” thinking or basic beliefs that are the source of your panic. Our beliefs are often reflected in the kinds of statements we make about our behaviors or ourselves. Look over this list and see if any statements reflect your beliefs about yourself.

True/ False

- |                                                                                                                     |                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> <input type="checkbox"/> I am feel inferior to others.                                     | <input type="checkbox"/> <input type="checkbox"/> I've had this problem too long.                                      |
| <input type="checkbox"/> <input type="checkbox"/> I believe that I'm not worth much.                                | <input type="checkbox"/> <input type="checkbox"/> I can't make mistakes.                                               |
| <input type="checkbox"/> <input type="checkbox"/> I am often disgusted with myself.                                 | <input type="checkbox"/> <input type="checkbox"/> I must stay in control of myself and my situation.                   |
| <input type="checkbox"/> <input type="checkbox"/> I don't seem to fit in with others.                               | <input type="checkbox"/> <input type="checkbox"/> Down deep inside I know there is something physically wrong with me. |
| <input type="checkbox"/> <input type="checkbox"/> I am just no good as a person.                                    | <input type="checkbox"/> <input type="checkbox"/> I must always act and look normal no matter how I feel.              |
| <input type="checkbox"/> <input type="checkbox"/> There's something wrong with me.                                  | <input type="checkbox"/> <input type="checkbox"/> I must do this life thing right.                                     |
| <input type="checkbox"/> <input type="checkbox"/> I shouldn't be feeling this way.                                  | <input type="checkbox"/> <input type="checkbox"/> If I make a mistake something terrible will happen to me.            |
| <input type="checkbox"/> <input type="checkbox"/> Although I have improved, I believe that I will never get better. | <input type="checkbox"/> <input type="checkbox"/> I can't let myself feel ANY anxiety.                                 |
| <input type="checkbox"/> <input type="checkbox"/> There's no reason for all this anxiety I'm feeling.               | <input type="checkbox"/> <input type="checkbox"/> I can't let these symptoms increase.                                 |
| <input type="checkbox"/> <input type="checkbox"/> I shouldn't be having these thoughts.                             | <input type="checkbox"/> <input type="checkbox"/> I can't handle these feelings.                                       |
| <input type="checkbox"/> <input type="checkbox"/> I should already be better.                                       | <input type="checkbox"/> <input type="checkbox"/> The BIG ONE could happen at any moment.                              |
| <input type="checkbox"/> <input type="checkbox"/> I am a hopeless case; people will get tired of me and reject me.  | <input type="checkbox"/> <input type="checkbox"/> If I don't control these feelings, they will run wild.               |
| <input type="checkbox"/> <input type="checkbox"/> I can't take the risk to do things differently!                   | <input type="checkbox"/> <input type="checkbox"/> My problems are too ingrained for me to change.                      |
| <input type="checkbox"/> <input type="checkbox"/> I've tried everything; I'm not going to improve.                  | <input type="checkbox"/> <input type="checkbox"/> I can't tell anyone what is going on for me or they think I'm crazy. |

\_\_\_ \_\_\_ I can't bother other people with my problems.

\_\_\_ \_\_\_ I have to take care of others.

\_\_\_ \_\_\_ People won't think I'm okay if they know I'm anxious.

\_\_\_ \_\_\_ I can't change my routine.

\_\_\_ \_\_\_ I've got to prove to myself that I'm ok.  
(This is a test.)

\_\_\_ \_\_\_ I know I am going to be anxious as soon as I walk in there.

\_\_\_ \_\_\_ The only way to feel safe is to avoid all uncomfortable situations.

\_\_\_ \_\_\_ I must hide my anxiety. Hold it all in. Fight it.

\_\_\_ \_\_\_ I must stay on guard at all times to feel safe.

**Total up your scores.**

*TOTALS: True*\_\_\_ *False*\_\_\_

The way you think is an indicator of the degree of Panic Anxiety you are experience.

**SCORE:**

- ✓ If more then 18 True (50%), you have severe Panic Anxiety or are at high risk of developing Panic Anxiety.
- ✓ If you have from 8 to 17 True, you are working on recovering from your Panic Anxiety and have made significant progress.
- ✓ If you score 0-7 True, you are not likely to ever suffer from Panic Disorder.

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