

# Anxiety Scale

Fill in a scenario relating to your fear for each item on the scale, where 100 represents the worst possible scenario that you've ever experienced or can imagine experiencing (whichever is the worst) and 0 represents complete calm.

**100:** The worst possible scenario you've ever experienced or can imagine experiencing:

**90:**

**80:**

**70:**

**60:**

**50:**

**40:**

**30:**

**20:**

**10:**

**0:** Complete calm: