

	Almost Always	Often	Sometimes	Almost Never	Never
1. I feel nervous or afraid.	A	B	C	D	E
2. I find it hard to relax or settle down.	A	B	C	D	E
3. I get bothered by things that didn't bother me before.	A	B	C	D	E
4. I have uncomfortable and tense feelings in my body.	A	B	C	D	E
5. I feel like I'm going to panic or think I might lose control.	A	B	C	D	E
6. I am not really enjoying doing anything anymore.	A	B	C	D	E
7. I feel worthless or lonely when I'm around other people.	A	B	C	D	E
8. I have headaches, stomach aches, or other pains.	A	B	C	D	E
9. I am able to solve conflicts with others before they become bigger.	A	B	C	D	E
10. I can take turns in conversations.	A	B	C	D	E
11. I am able to establish relationships with others.	A	B	C	D	E
12. I can control myself when I get excited or bored.	A	B	C	D	E
13. I respect others' belongings and personal space.	A	B	C	D	E
14. I am able to keep my things organized and easily find them when I need them.	A	B	C	D	E
15. I can ignore distractions to stay focused on the task at hand.	A	B	C	D	E
16. I am able to complete tasks on time.	A	B	C	D	E