FUNCTIONING ANXIETY

Self Checklist

Anxiety can be sneaky.
It doesn't always look like fear or panic.
What Does It Look Like For You?

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FUNCTIONING ANXIETY SELF-CHECKLIST

Is Your Anxiety Secretly Running the Show?

Anxiety can be sneaky. It doesn't always look like fear or panic. It can look like being productive, responsible, and high-achieving. Under the surface though, it can leave you feeling restless, exhausted, and never quite "good enough."

This checklist is designed to help you recognize the subtle ways functioning anxiety might be showing up in your life.

Read through these 10 questions and answer honestly.

- ✓ Do I set extremely high standards for myself and feel anxious when I don't meet them?
- ✓ Do I often overthink decisions, replay conversations, or worry about what others think of me?
- ✓ Do I have a hard time saying no, even when I'm already overwhelmed?
- ✓ Do I struggle to relax, always feeling like I need to be doing something productive?
- ✓ Do I dismiss or downplay my achievements, thinking they're not a big deal?
- ✓ Do I mentally rehearse conversations before having them and analyze them afterward?
- ✓ Do I feel like I have to work twice as hard to prove myself, even when I've already achieved success?
- ✓ Do I frequently imagine worst-case scenarios or worry about things I can't control?
- ✓ Do I tell myself my stress is "not that bad" because other people have it worse?
- ✓ Do I rationalize my anxiety by telling myself it's just part of being driven or responsible?

If you answered "yes" to several of these questions, functioning anxiety may be playing a bigger role in your life than you realize.

You don't have to navigate this alone.
Let's connect.
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