

Signs You Might Be a Chronic Worrier

Check All That Apply

- You replay conversations and situations (real and imagined) in your head again and again and again.
- You often over-eat or under-eat in response to stressful situations.
- You have trouble making decisions.
- You realize you spend a lot of time worrying about things you have zero control over.
- When your boss calls you into his or her office, you worry that it's going to be bad news, even though it usually isn't.
- You have a difficult time enjoying fun activities because your mind is preoccupied with your worries.
- You've been told by more than a few people that you worry too much.
- You're experiencing what you suspect is stress-induced physical distress, such as insomnia, high blood pressure, muscle tension, headaches, nervous ticks, or gastric distress.
- You're accustomed to assuming the worst will happen.
- Bedtime feels more like time to ruminate over your worries rather than rest.
- You find yourself crying and/or overcome with uncomfortable emotions on a frequent basis.
- Your worry "coping mechanisms" are potentially harmful (for example: you engage in excessive alcohol use, drug abuse, excessive spending, or smoking).
- Your back-up plans have back-up plans. And your back-up plans to your back-up plans have even more back-up plans.
- Others have called you a perfectionist and you not only agree, you take it as a compliment.
- You spend a fair amount of time doubting and/or second-guessing yourself.

- You find yourself frequently worrying about what other think of you.
- You can't recall the last day you spent mostly worry-free.
- If someone doesn't arrive on time, you think something horrible might have happened to them.
- You're so consumed with your worries that you devote little time to being there for the other people in your life.
- Nearly every day you spend some time worrying about your debts and/or your future financial security.
- Unexpected noises in your house (especially in the middle of the night) send you into panic mode.
- You often have a gnawing sense inside that something bad is going to happen.
- You spend excessive amounts of time on social media or on your phone or computer for fear that you'll miss out on something important if you don't stay connected.
- You have a hard time remembering whether you've locked the door, turned off the oven, etc.
- You worry about events that have a relatively low probability of happening.
- Even when things are going well in your life, you're always waiting for something to go wrong.

SCORING: Count up the number of boxes you checked. If you checked ...

1-3 You worry a bit, but you're not even close to being a Chronic Worrier.

4-6 Worry is a problem in your life. If it is causing you more discomfort than you'd like, participating in the Worry Begone Challenge is a smart move for you.

7+ You are a Chronic Worrier. It's time you got some help coping with and reducing the stress and anxiety in your life. Make sure you're enrolled in the **Worry Begone Challenge** and be sure to pay close attention to the lessons and tools that are shared.

A Note About Frequency and Intensity of Your Worry Habit

The ***Worry Begone Challenge*** will provide you with solid tips, tools, techniques, and inspiration for kicking your worry habit. The Challenge is not a substitute for professional help. This Quiz is not intended to be a diagnostic tool for use in the assessment of potential emotional or mental issues that require professional treatment. If the frequency and intensity of your worry habit is beginning to feel overwhelming, it may be time to seek appropriate spiritual and/or behavioral/psychological counseling. If you feel your mental or physical health is being negatively impacted by the frequency and/or intensity of your worry, anxiety, and stress, please seek the appropriate professional attention immediately.