Anxiety Gremmim is here to help you.

If you have answered 'Yes' to any of the above, then Staring the

When you are anxious?
Do you feel like you have no
control over how you react

Do you have rituals that
something several times
anxious thoughts such as checking
you follow to try and get rid of

Do you have rituals that
and round in your head?
and anxious thoughts going round
Do you feel like you can't stop

Do you worry about bad things?

Happen when you are anxious?

Do you get sick when you get anxious?
do you feel tired, dizzy or
find it hard to breathe or
Does your heart race, do you

Do you often worry about
worst case scenario

Do you think that you feel anxious about
things that you should not
Do you avoid situations or

Worry a lot?

Do you