What is anxiety?

Examples of negative symptoms with it. Examples can include:

- Frequent urination, sleep disturbance
- Stomach aches, pain, and tension
- Legs, back pain, headaches, joint pain
- Numbness or tingling in limbs, jello
- Lack of appetite, eating less than they actually are, thought that they are more than they are, thought that they are not eating enough
- Thoughts about having a better future
- Thoughts that things are more than they are, thoughts that things are less than they are
- Jumping to conclusions, thoughts, thoughts about things out of proportion
- Thoughts about bad things happening, thoughts about others mind-reading thoughts which are intended
- Thoughts, comparing yourself negatively
- What can seem thoughtless, what can seem expected of you, what can seem expected of you, expectations being thought abnormal, thought abnormal expectations of yourself, thought abnormal expectations of others, thought abnormal expectations of others
- Memory problems, obsessive-compulsion

Physical

Cognitive