

THE BURNS ANXIETY INVENTORY®

Instructions: The following is a list of symptoms that people sometimes have. Put a check (✓) in the space to the right that best describes how much that symptom or problem has bothered you during the past week.

Symptom List:

	NOT AT ALL	SOMEWHAT	MODERATELY	A LOT
CATEGORY I: ANXIOUS FEELING				
1. Anxiety, nervousness, worry, or fear.				
2. Feeling that things around you are strange, unreal or foggy.				
3. Feeling detached from all or parts of your body.				
4. Sudden unexpected panic spells.				
5. Apprehension or a sense of impending doom.				
6. Feeling tense, stressed, "uptight", or on edge.				

CATEGORY II: ANXIOUS THOUGHTS

	NOT AT ALL	SOMEWHAT	MODERATELY	A LOT
7. Difficulty concentrating.				
8. Racing thoughts or having your mind jump from one thing to the next.				
9. Frightening fantasies or daydreams.				
10. Feeling that you're on the verge of losing control.				
11. Fears of cracking up or going crazy.				
12. Fears of fainting or passing out.				
13. Fears of physical illness or heart attacks or dying.				
14. Concerns about looking foolish or inadequate in front of others.				
15. Fears of being alone, isolated, or abandoned.				

	NOT AT ALL	SOMEWHAT	MODERATELY	A LOT
16. Fears of criticism or disapproval.				
17. Fears that something terrible is about to happen.				

CATEGORY III: PHYSICAL SYMPTOMS

	NOT AT ALL	SOMEWHAT	MODERATELY	A LOT
18. Skipping or racing or pounding of the heart (sometimes called "palpitations")				
19. Pain, pressure, or tightness in the chest.				
20. Tingling or numbness in the toes or fingers.				
21. Butterflies or discomfort in the stomach.				
22. Constipation or diarrhea.				
23. Restlessness or jumpiness				
24. Tight, tense muscles.				
25. Sweating not brought on by heat.				
26. A lump in the throat.				
27. Trembling or shaking.				
28. Rubbery or "jelly" legs.				
29. Feeling dizzy, lightheaded, or off balance.				
30. Choking or smothering sensations or difficulty breathing.				
31. Headaches or pains in the neck or back.				
32. Hot flashes or cold chills.				
33. Feeling tired, weak, or easily exhausted.				

-----THE BURNS DEPRESSION CHECKLIST®-----

	NOT AT ALL	SOMEWHAT	MODERATELY	A LOT
1. Sadness: Have you been feeling sad or down in the dumps?				
2. Discouragement: Does the future look hopeless?				
3. Low self-esteem: Do you feel worthless or think of yourself as a failure?				
4. Inferiority: Do you feel inadequate or inferior to others?				
5. Guilt: Do you get self-critical and blame yourself for everything?				
6. Indecisiveness: Do you have trouble making up your mind about things?				
7. Irritability and frustration: Have you been feeling resentful and angry a good deal of the time?				
8. Loss of interest on life: Have you lost interest in you career, your hobbies, your family, or your friends?				
9. Loss of motivation: Do you feel overwhelmed and have to push yourself hard to do things?				

	NOT AT ALL	SOMEWHAT	MODERATELY	A LOT
10. Poor self-image: Do you think you're looking old or unattractive?				
11. Appetite changes: Have you lost you appetite? Or do you overeat or binge compulsively?				
12. Sleep changes: Do you suffer from insomnia and find it hard to get a good night's sleep? Or are you excessively tired and sleeping too much?				
13. Loss of libido: Have you lost interest in sex?				
14. Hypochondriasis: Do you worry a great deal about your health?				
15. Suicidal impulses: Do you have thoughts that life is not worth living or think that you might be better off dead?				

Name: _____

Date: _____

Relationship Satisfaction Scale

	Very Dissatisfied 0	Moderately Dissatisfied 1	Somewhat Dissatisfied 2	Neutral 3	Somewhat Satisfied 4	Moderately Satisfied 5	Very Satisfied 6	Sub Totals
1. Communication and openness								
2. Resolving conflicts and arguments								
3. Degree of affection and caring								
4. Intimacy and closeness								
5. Satisfaction with your role in the relationship								
6. Satisfaction with the other person's role in the relationship								
7. Overall satisfaction with the relationship								
Sub Totals								
Total Score								

Scoring Key

Level of Satisfaction	Total Score	M	D				
extremely dissatisfied	0 - 10						
very dissatisfied	11 - 20						
moderately dissatisfied	21 - 25						