



## ADVANCED HEALTH SERVICES, LLC

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

### *Anxieties About Myself*

- I cannot forgive myself for something awful I did...or something important I failed to do.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively
- I cannot get myself to do something important, something I believe I *should* be doing.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively
- I say I believe or want one thing, but often do something quite the opposite.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively
- I am not the husband/wife...parent/child...successful person...spiritual person...I believe I should be.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively
- I hate, dislike, distrust, or disgust myself. I hate, or dislike my appearance, personality, or some other characteristic about myself.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively

### *Anxieties About My Life Circumstances*

- I am afraid of losing something – my *job* and the security it gives, a *possession* or *pastime* that gives me joy, a *position* that gives me meaning or status, or my *health*.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively
- I am not on the life path I want to be on. I honestly wish I was doing something else with my life.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively
- I am not living where I want to live. I honestly wish I was living somewhere else.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively
- I am at odds with the group of people I'm involved with – at work, in my general or spiritual community. I honestly wish I had a different set of peers.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively

## *Anxieties in My Relationships with Other People*

- I fear that someone important to me is going to stop liking me, favoring me, or that he or she will leave me.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively
- I fear that someone important to me is trying to force me to do things his or her own way, maybe even try taking over and dominate my life.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively
- I feel as if someone is violating my will or my right to be an individual.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively
- I feel as if I must get someone to do something, or believe something, or bad things will happen to them.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively
- Someone is abusing me in one or more of the following ways: physically, mentally, emotionally, spiritually.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively
- I know something bad is happening to another person, and I am not speaking up or doing anything to prevent it.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively
- I am angry at someone, but I'm afraid or unwilling to confront them or resolve the issue.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively

## *Anxieties in My Relationship with God*

- I live with the fear that I'm really alone in this life – that something terrible can happen and no one, not even God, will come to my assistance.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively
- I believe I've let God down, or made God very unhappy with me.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively
- I believe God is angry at me, or wants to punish me for doing something wrong.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively
- I believe that God is going to allow something bad to happen to me to “wake me up” or “teach me a lesson.”  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively
- I am deeply angry, sad, or disappointed with God for allowing something bad to happen to me. I still believe in God...I just don't understand God or know how to trust Him anymore.  
\_\_\_Never \_\_\_Sometimes \_\_\_Often \_\_\_Daily \_\_\_Obsessively