

Anxiety Questionnaire

Having an irrational fear to something that is not life frightening to you is a corruption of your bodies 'Flight or Fight' response. Hypnotherapy is an effective way of decreasing this fear and improving your wellbeing.

Name your 'fear' _____

- 1) On a 'Scare Scale' of 1-10 how frightened are you by it?
- 2) When anxious, do you know how you behave?
- 3) Are you anxious about the thought of what frightens you?
- 4) Do you have panic attacks?
- 5) If so, have you been taught how to stop them?
- 6) Does your anxiety hinder your daily life?
- 7) Do you get to sleep easily?
- 8) Is your sleep interrupted?
- 9) Do you feel tired during the day?
- 10) Have you tried to manage your anxiety?
- 11) Try the relaxation exercise on the home page. When you start to relax just imagine yourself in a place of comfort and confidence. Now imagine your 'fear'. Does the fear decrease?

If you score 8 or more on the 'Scare Scale' and it does not decrease by doing the simple relaxation exercise, contact us now.