

## Taylor Manifest Anxiety Scale

Circle the items that are true of you.

1. I do not tire quickly.
2. I am troubled by attacks of nausea.
3. I believe I am no more nervous than most others.
4. I have very few headaches.
5. I work under a great deal of tension.
6. I cannot keep my mind on one thing.
7. I worry over money and business.
8. I frequently notice my hand shakes when I try to do something.
9. I blush no more often than others.
10. I have diarrhea once a month or more.
11. I worry quite a bit over possible misfortunes.
12. I practically never blush.
13. I am often afraid that I am going to blush.
14. I have nightmares every few nights.
15. My hands and feet are usually warm.
16. I sweat very easily even on cool days.
17. Sometimes when embarrassed, I break out in a sweat.
18. I hardly ever notice my heart pounding and I am seldom short of breath.
19. I feel hungry almost all the time.
20. I am very seldom troubled by constipation.
21. I have a great deal of stomach trouble.
22. I have had periods in which I lost sleep over worry.
23. My sleep is fitful and disturbed.
24. I dream frequently about things that are best kept to myself.
25. I am easily embarrassed.
26. I am more sensitive than most other people.
27. I frequently find myself worrying about something.
28. I wish I could be as happy as others seem to be.
29. I am usually calm and not easily upset.
30. I cry easily.
31. I feel anxiety about something or someone almost all the time.
32. I am happy most of the time.
33. It makes me nervous to have to wait.
34. I have periods of such great restlessness that I cannot sit long in a chair.
35. Sometimes I become so excited that I find it hard to get to sleep.
36. I have sometimes felt that difficulties were piling up so high that I could not overcome them.
37. I admit that I have at times been worried beyond reason over something that didn't matter.
38. I have very few fears compared to my friends.
39. I have been afraid of things or people that I know could not hurt me.
40. I certainly feel useless at times.
41. I find it hard to keep my mind on a task or job.
42. I am usually self-conscious.
43. I am inclined to take things hard.
44. I am a high-strung person.
45. Life is a trial for me much of the time.
46. At times I think I am no good at all.
47. I am certainly lacking in self-confidence.
48. I sometimes feel that I am about to go to pieces.
49. I shrink from facing a crisis of difficulty.
50. I am entirely self-confident.