

Beck Anxiety Inventory

	Not At All	Mildly but it didn't bother me much.	Moderately - it wasn't pleasant at times	Severely – it bothered me a lot
Numbness or tingling	0	1	2	3
Feeling hot	0	1	2	3
Wobbliness in legs	0	1	2	3
Unable to relax	0	1	2	3
Fear of worst happening	0	1	2	3
Dizzy or lightheaded	0	1	2	3
Heart pounding/racing	0	1	2	3
Unsteady	0	1	2	3
Terrified or afraid	0	1	2	3
Nervous	0	1	2	3
Feeling of choking	0	1	2	3
Hands trembling	0	1	2	3
Shaky / unsteady	0	1	2	3
Fear of losing control	0	1	2	3
Difficulty in breathing	0	1	2	3
Fear of dying	0	1	2	3
Scared	0	1	2	3
Indigestion	0	1	2	3
Faint / lightheaded	0	1	2	3
Face flushed	0	1	2	3
Hot/cold sweats	0	1	2	3
Column Sum				

Scoring - Sum each column. Then sum the column totals to achieve a grand score. Write that score here _____.

Becks Anxiety Inventory Manual

SB Merriam



Becks Anxiety Inventory Manual:

Embracing the Track of Term: An Emotional Symphony within **Becks Anxiety Inventory Manual**

In some sort of eaten by screens and the ceaseless chatter of instant transmission, the melodic beauty and mental symphony developed by the written term usually diminish in to the background, eclipsed by the persistent noise and disruptions that permeate our lives. Nevertheless, nestled within the pages of **Becks Anxiety Inventory Manual** a stunning fictional prize filled with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, this charming masterpiece conducts viewers on an emotional trip, well unraveling the hidden tunes and profound impact resonating within each cautiously constructed phrase. Within the depths with this touching analysis, we will discover the book is central harmonies, analyze their enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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