

# Generalized Anxiety Disorder

Q) Are you  
a worrier?  
(or)  
(Do you worry  
about  
almost  
everything)

Q) Do you  
regularly  
check up  
on close friends  
or family because  
you are scared  
they will leave  
you?

Q) Do you  
often doubt  
yourself.  
(Do you doubt  
actions you  
take?)

# Clinical Depression

Q) Do you  
find little  
to no interest  
in various  
activities?

Q) Do you  
prefer to  
just be alone  
with your  
thoughts  
and often  
cry?

Q) Do you  
feel hopeless,  
down and  
unworthy?



# Obsessive Compulsive Disorder

Q) Do you  
have  
intrusive  
thoughts?

Q) Do you  
have patterns  
that should  
not be  
disrupted?

Q) Do you  
feel sad and  
irritated  
if your  
patterns  
are  
disrupted?

# Post - Traumatic Stress Disorder

Q) Have you  
ever had a  
traumatic  
event that  
has permanently  
imprinted  
on you?

Q) Has the  
event  
caused you  
to go through  
severe pain?

Q) Do you  
re-live  
the traumatic  
event  
regularly?



# Phobia

Q) Do you have an irrational fear?

Q) Does this fear cause you discomfort even at the slightest thought of it?

Q) Do you have any coping mechanism for this fear?