

Childhood Anxiety Symptoms Checklist



EMOTIONAL SYMPTOMS

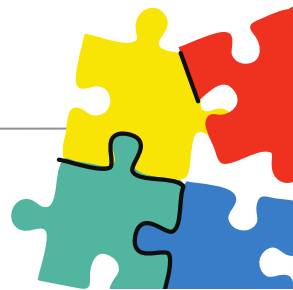
- Excessive worry or fear
- Irritability or mood swings
- Restlessness or feeling on edge
- Difficulty concentrating
- Excessive need for reassurance

BEHAVIORAL SYMPTOMS

- Avoidance of certain situations or activities
- Difficulty sleeping
- Changes in appetite or weight
- Nail biting or other nervous habits
- Clinginess or separation anxiety

PHYSICAL SYMPTOMS

- Headaches or stomachaches
- Rapid heartbeat or shortness of breath
- Sweating or trembling
- Dizziness or lightheadedness
- Muscle tension or fatigue



Childhood Anxiety Symptoms Checklist



COGNITIVE SYMPTOMS

- Difficulty making decisions
- Negative or self-critical thoughts
- Obsessive thoughts or fears of specific things

SOCIAL SYMPTOMS

- Difficulty participating in social activities
- Fear or avoidance of social situations
- Extreme shyness or withdrawal from social interactions
- Fear of judgment

ACADEMIC SYMPTOMS

- Decline in academic performance
- Perfectionism or fear of making mistakes
- Avoidance of school or school-related activities
- Excessive need for reassurance

