

# GAD SYMPTOMS CHECKLIST

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- Has **excessive anxiety and worry** and/or persistent sense of impending danger.
- Has **difficulty controlling** or letting go of **worry**.
- The anxiety and worry are associated with **one or more** of the following six symptoms. *Note: Three or more is required in adults.*
  - Restlessness** or feeling keyed up or on edge
  - Being easily **fatigued**
  - Difficulty **concentrating** or mind going blank
  - Irritability**
  - Increased **heart rate** and **muscle tension**
  - Sleep** disturbances
- Is indecisive** and has a fear of making the wrong decision (is **perfectionistic**).
- Overthinks solutions** to worst-case outcomes.
- Has anxiety around or a fear of **the unknown**.
- Has a **strong need for reassurance** about competence, performance, and expectations about the future.

## NOTES

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Symptoms must occur more days than not for at least 6 months for a GAD diagnosis. They must also not be better explained by another mental disorder (e.g., panic disorder, social anxiety disorder, obsessive-compulsive disorder, separation anxiety disorder, post-traumatic stress disorder, etc.)