



## How are things?

Date: / / **20**

Time:  h  m

Please put a circle around the word that shows how often each of these things happen to you.  
There are no right or wrong answers.

		0	1	2	3
1	I worry when I think I have done poorly at something	Never	Sometimes	Often	Always
2	I feel scared when I have to take a test	Never	Sometimes	Often	Always
3	I feel worried when I think someone is angry with me	Never	Sometimes	Often	Always
4	I worry that I will do badly at my school work	Never	Sometimes	Often	Always
5	I worry I might look foolish	Never	Sometimes	Often	Always
6	I worry about making mistakes	Never	Sometimes	Often	Always
7	I worry what other people think of me	Never	Sometimes	Often	Always
8	I feel afraid if I have to talk in front of my class	Never	Sometimes	Often	Always
9	I feel afraid that I will make a fool of myself in front of people	Never	Sometimes	Often	Always

NHS ID: .....

Service allocated case ID .....

SUM:

