APPENDIX E

PHYSICAL RESPONSES TO TEST ANXIETY CHECKLIST

There are a host of bodily responses you might have when you are feeling tense or nervous.

Which of the following do you experience before or during a test?

____ Heart racing or pounding
____ Shortness of breath or difficulty breathing
____ Sweating on the hands, forehead, or underarms
____ Muscle or tension in forehead
____ Muscle aches or tightness in the body
____ Trembling, shaking or shivering
____ Upset stomach, cramping, nausea, or vomiting
____ Dizziness, faintness or disturbed balance
____ Frequent urination or diarrhea
____ Dryness of mouth
____ Weakness in arms and legs, overall weakness