

**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

