

**THE MOST IMPORTANT WAY TO DISTINGUISH PASSING SYMPTOMS FROM A DISORDER IS HOW LONG YOU HAVE THEM AND HOW INTENSE THEY ARE. ASK YOURSELF THESE QUESTIONS**

- **HOW OFTEN DO I FEEL ANXIOUS?**
- **HOW INTENSE IS THE ANXIETY I FEEL?**
- **HOW MUCH DOES ANXIETY AFFECT MY LIFE?**
- **HAS ANXIETY CAUSED ME SERIOUS PROBLEMS AT WORK OR HOME?**
- **HOW LONG HAVE I BEEN EXPERIENCING SYMPTOMS OF ANXIETY AND STRESS?**