

### PSWQ

Enter the number that best describes how typical or characteristic each item is of you, putting the number next to the item.

1	2	3	4	5
Not at all typical		Somewhat typical		Very typical

- \_\_\_ 1. If I don't have enough time to do everything I don't worry about it.
- \_\_\_ 2. My worries overwhelm me.
- \_\_\_ 3. I don't tend to worry about things.
- \_\_\_ 4. Many situations make me worry.
- \_\_\_ 5. I know I shouldn't worry about things, but I just can't help it.
- \_\_\_ 6. When I am under pressure I worry a lot.
- \_\_\_ 7. I am always worrying about something.
- \_\_\_ 8. I find it easy to dismiss worrisome thoughts.
- \_\_\_ 9. As soon as I finish one task, I start to worry about everything else I have to do.
- \_\_\_ 10. I never worry about anything.
- \_\_\_ 11. When there is nothing more I can do about a concern, I don't worry about it any more.
- \_\_\_ 12. I've been a worrier all my life.
- \_\_\_ 13. I notice that I have been worrying about things.
- \_\_\_ 14. Once I start worrying, I can't stop.
- \_\_\_ 15. I worry all the time.
- \_\_\_ 16. I worry about projects until they are all done.

(Reverse-score items 1, 3, 8, 10, and 11, and then sum over 16 items.)