



MIRACLE | Counseling

- [Taylor Manifest Anxiety Scale \(TMAS\)](#)

The Taylor Manifest Anxiety Scale (TMAS) is a test of anxiety as a personality trait.

The statements below inquire about your behavior and emotions. Consider each statement carefully. Then indicate whether the statements are **generally true or false** for you.

Patient's Name _____ Date _____

Therapist _____

| | True | False |
|---|------|-------|
| 1. I do not tire quickly | | |
| 2. I believe I am no more nervous than others | | |
| 3. I have very few headaches | | |
| 4. I work under a great deal of tension | | |
| 5. I frequently notice my handshakes when I try do something | | |
| 6. I blush no more often than others | | |
| 7. I have diarrhea one a month or more | | |
| 8. I worry quite a bit over possible misfortune | | |
| 9. I practically never blush | | |
| 10. I am often afraid that I am going to blush | | |
| 11. My hands and feet are usually warm enough | | |
| 12. I sweat very easily even on cool days | | |
| 13. Sometimes when embarrassed, I break out in a sweat | | |
| 14. I hardly ever notice my heart pounding, and I am seldom short of breath | | |
| 15. I feel hungry almost all of the time | | |
| 16. I am very seldom troubled by constipation | | |

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| 17. I have a great deal of stomach trouble | | |
| 18. I have had periods in which I lost sleep over worry | | |
| 19. I am easily embarrassed | | |
| 20. I am more sensitive than most other people | | |
| 21. I frequently find myself worrying about something | | |
| 22. I wish I could be as happy as others seem to be | | |
| 23. I am usually calm and not easily upset | | |
| 24. I feel anxiety about something or someone almost all of the time | | |
| 25. I am happy most of the time | | |
| 26. It makes me nervous to have to wait | | |
| 27. Sometimes I become so excited I find it hard to get to sleep | | |
| 28. I have sometimes felt that difficulties piling up so high I couldn't get over them | | |
| 29. I admit I have felt worried beyond reason over small things | | |
| 30. I have very few fears compared to my friends | | |
| 31. I certainly feel useless at times | | |
| 32. I find it hard to keep my mind on a task or job | | |
| 33. I am usually self-conscious | | |
| 34. I am inclined to take things hard | | |
| 35. At times I think I am no good at all | | |
| 36. I am certainly lacking in self-confidence | | |
| 37. I sometimes feel that I am about to go to pieces | | |
| 38. I am entirely self-confident | | |