

High-Functioning Anxiety Checklist

A reflection guide for noticing when achievement is covering anxiety.

High-functioning anxiety can look like responsibility, productivity, perfectionism, or being the one who always handles things. Use this guide to notice patterns without shaming yourself.

Signs to notice

Check	Reflection
☐	I look calm or capable on the outside but feel tense inside.
☐	I replay conversations, decisions, or mistakes longer than I want to.
☐	I overprepare because I am afraid of disappointing people.
☐	Rest feels uncomfortable unless everything is finished.
☐	I say yes quickly and then feel resentful or overwhelmed later.
☐	I struggle to trust that good enough is enough.
☐	My body holds stress through headaches, tightness, stomach discomfort, or fatigue.

What anxiety may be asking for

What am I trying to control right now?

What am I afraid will happen if I slow down?

What boundary would reduce the pressure I keep carrying?

What would support look like this week?

What is one small action that would help my body feel safer today?

Next brave step

Choose one next step that is small enough to actually do within 24 hours. The goal is not to fix everything. The goal is to interrupt the pattern with care and clarity.

My next brave step is:

This resource is for education and reflection. It is not psychotherapy, diagnosis, crisis care, or a substitute for working with a licensed professional. If you are in immediate danger, call 911. For crisis support in the United States, call or text 988.