



VA Anxiety Claims Guide: Summary and Worksheets

Your own working pages. These are your notes in your own words. They are not a VA form, they are not sent to the VA, and nothing here is a medical finding or a prediction about your claim.

Start with the essentials

- 1 Describe functioning in your own words**
Focus on work, relationships, routines, concentration, judgment, sleep, and ordinary tasks rather than trying to match a rating phrase.
- 2 Record frequency, duration, and change over time**
Note how often difficulties occur, how long they last, treatment, and periods when functioning improves or worsens.
- 3 Use only the history you choose to record**
These worksheets do not require a detailed trauma narrative. Mark records or questions you do not have rather than guessing.

How to use this packet

Complete only what helps you prepare. Use approximate dates when exact dates are unavailable. Mark records as missing or unverified instead of guessing.

The full guide, research, charts, rating discussion, sources, and current information remain online at:

<https://ratemyvso.net/dc/anxiety-claims-guide>



WORKSHEET 1 OF 5

Daily functioning notes

Optional working notes for Anxiety. Write only what you know. Leave anything blank that does not apply.

Effects on work, concentration, routines, and ordinary tasks

Effects on relationships and social activity you choose to describe

Frequency, duration, changes over time, and better or worse periods

Your notes stay yours. This blank PDF is not submitted to the VA. Saving answers through the website requires your RateMyVSO account.



WORKSHEET 2 OF 5

Treatment and symptom history

Optional working notes for Anxiety. Write only what you know. Leave anything blank that does not apply.

Treatment history, medicines, therapy, and response

Symptoms and functional changes you want the examiner to understand

Accommodations, support, or safety questions you want to raise

Your notes stay yours. This blank PDF is not submitted to the VA. Saving answers through the website requires your RateMyVSO account.



WORKSHEET 3 OF 5

Connection and examination questions

Optional working notes for Anxiety. Write only what you know. Leave anything blank that does not apply.

Service-related history or secondary-condition history you choose to record

Diagnoses, treatment records, statements, and records that are missing

Questions for an examiner, clinician, or representative

Your notes stay yours. This blank PDF is not submitted to the VA. Saving answers through the website requires your RateMyVSO account.



WORKSHEET 4 OF 5

Records and unanswered questions

Optional working notes for Anxiety. Write only what you know. Leave anything blank that does not apply.

Record, date, source, and page if known

Do I have my own copy?

- | | |
|---|---|
| ☐ Not sure | ☐ I have a copy |
| ☐ Requested, still waiting | ☐ I do not have a copy |

Do I know whether the VA has it?

- | | |
|---|---|
| ☐ Unknown or not verified | ☐ Submission receipt available |
| ☐ Listed in my decision letter | ☐ Not submitted by me |

Missing records, request dates, and questions to follow up

Your notes stay yours. This blank PDF is not submitted to the VA. Saving answers through the website requires your RateMyVSO account.



WORKSHEET 5 OF 5

Decision-letter reading sheet

Optional working notes for Anxiety. Write only what you know. Leave anything blank that does not apply.

Letter date, condition, and what the VA decided

Reasons and evidence listed, with page numbers

Dates and instructions in the letter; questions for a representative

Your notes stay yours. This blank PDF is not submitted to the VA. Saving answers through the website requires your RateMyVSO account.