

WORKING WITH ANXIETY

1. What triggers your feeling of anxiety?
2. What thoughts come up when you are feeling anxious?
3. What physical sensations do you have when you are feeling anxious?
4. On a scale from 1 to 10 (1 being not at all uncomfortable, 10 being extremely uncomfortable) how uncomfortable is the feeling?
5. What helps you feel less anxious? Is this helping or hurting in the long term?
6. What could you do in order to cope with anxious feelings?