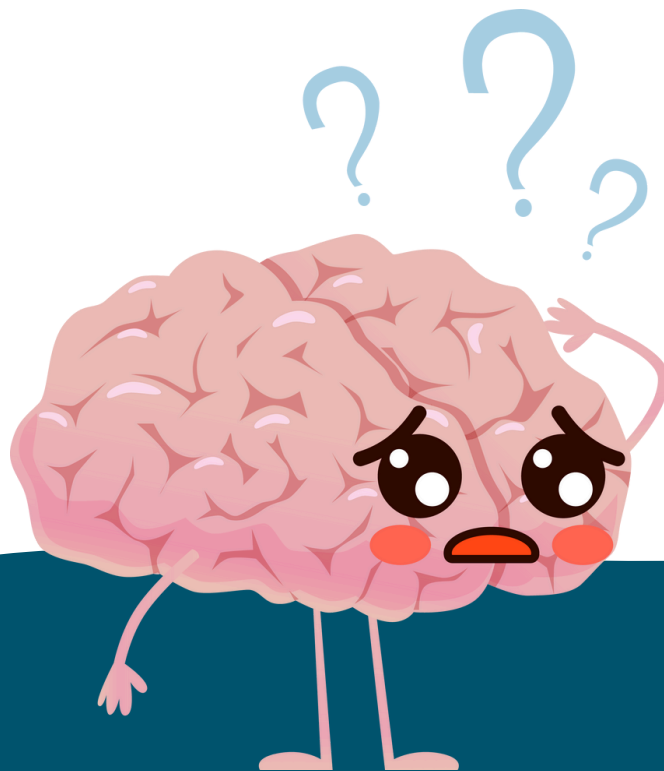




How does anxiety make you
feel?

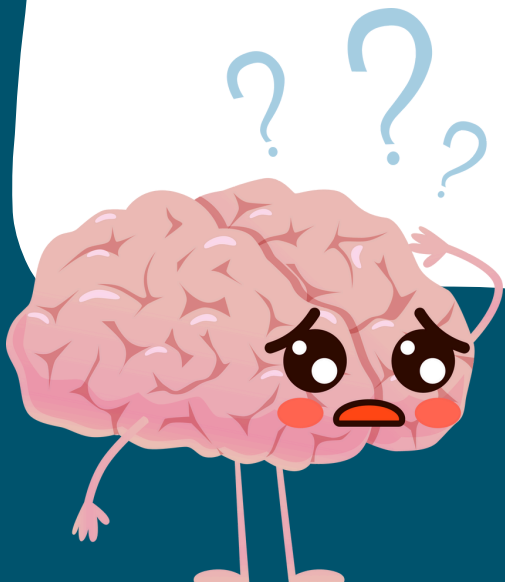


How does anxiety make you feel?

A large, empty white rounded rectangular box for writing an answer to the question above.

What thoughts do you have when you feel anxious. Are they positive? Are they negative? What are the thoughts saying?

A large, empty white rounded rectangular box for writing an answer to the question above.

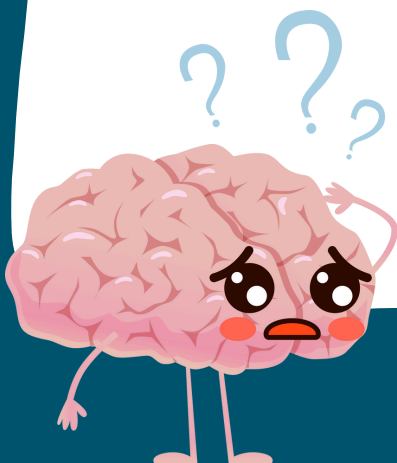


What are the triggers?
How do you know anxiety is on it's way?
Is it a specific place, a noise or maybe a smell?

Blank space for writing answers to the first set of questions.

What have you done that has helped the anxiety feel more manageable? Do you perhaps avoid? distract? talk? turn to specific substances?

Blank space for writing answers to the second set of questions.

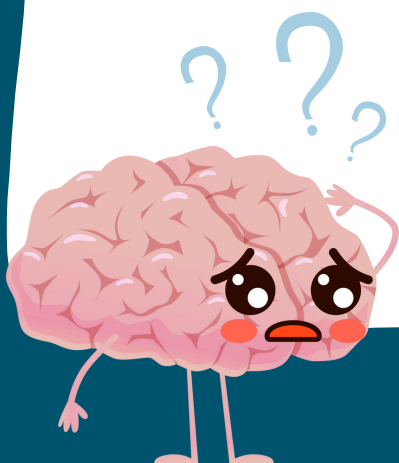


If you were feeling anxious how would someone else know? What do you do? How does your body respond?

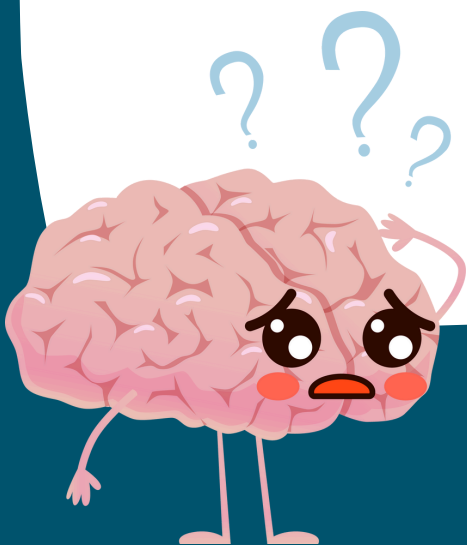
Blank space for writing answers to the first question.

What if anything have been helpful things people have done when you feel anxious? Friends? Family? Yourself? ASMR?

Blank space for writing answers to the second question.



Notes



Notes

