

MY WORRIES

IDENTIFY WHERE YOU FEEL YOUR ANXIETY WITH AN X.

1 . WRITE WHAT SYMPTOMS YOU FEEL WHEN YOU NOTICE YOU ARE WORRIED.

EG. DIZZY / SWEATY PALMS

2. MAKE A LIST OF THINGS THAT COULD BE CAUSING YOUR WORRY.

3. REFLECT ON WHY YOU ARE WORRIED ABOUT THIS.

4. WHAT COULD YOU DO WHEN YOU ARE FEELING WORRIED?

