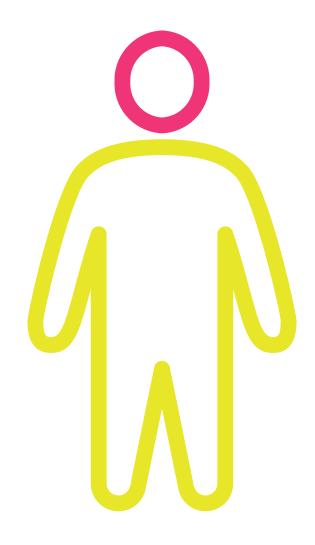
my anxieties

Identify where you feel your anxiety with an X.



- 1. Write what symptoms you feel when you notice you are anxious. eg. Dizzy / sweaty palms
- 2. Make a list of things that could be causing you anxiety.
- 3. Reflect on why you are anxious about this.
- 4. What could you do when you are feeling anxious?