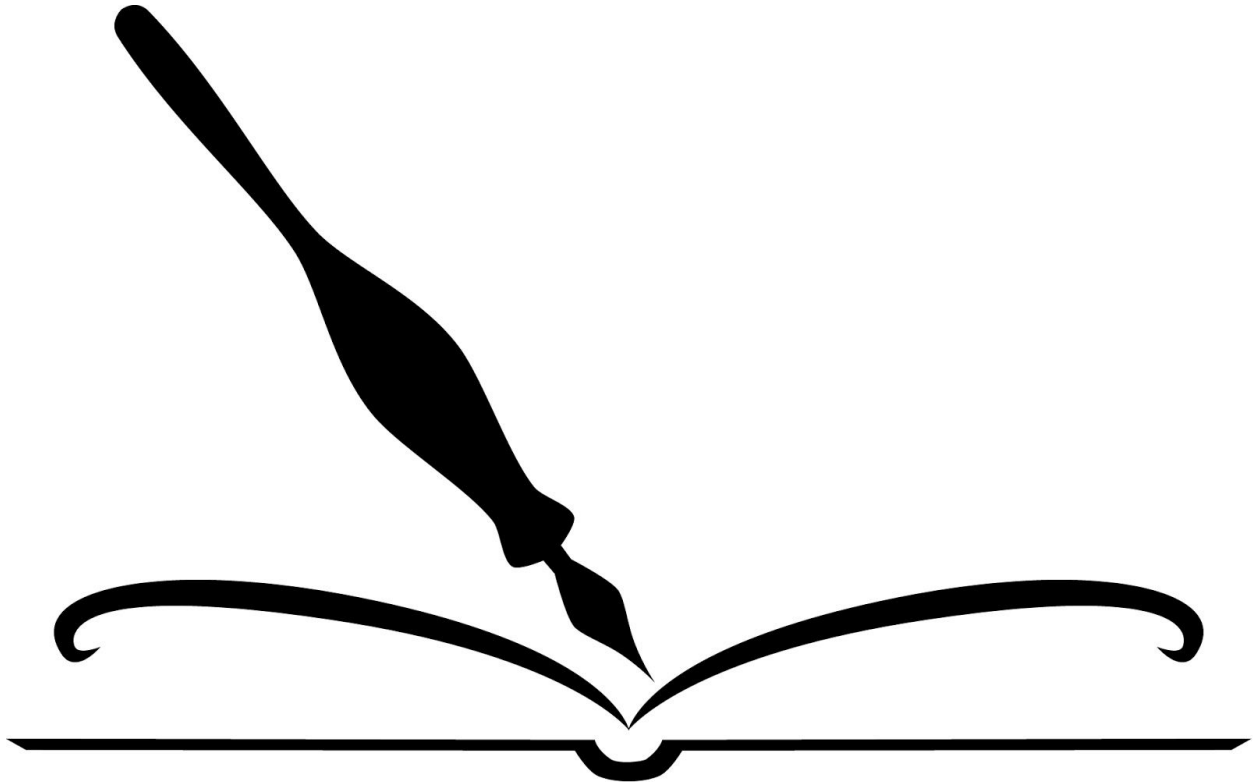


Anxiety

1. What is the scariest experience you ever had? How did you get through it?
2. What helps you calm down when you are feeling anxious?
3. Who do you talk to when you are feeling anxious?
4. What “triggers” or makes you feel anxious? How can you combat them or avoid them?
5. What is something you used to be scared of, but aren’t anymore? What changed?
6. What does it feel like in your body when you are anxious?
7. What is your most common “anxious thought?” Is it true? Is it likely to happen? What is the “opposite” thought?
8. What is something you can try to remember the next time you feel anxious?
9. What are some things you would do if you weren’t afraid?
10. What do you imagine your life being like when you can manage your anxiety?
11. What have you learned from dealing with anxiety?



PAPER THOUGHTS