

Name _____

Date _____

INTRODUCTION TO ANXIETY

Anxiety is the body's response to situations that are interpreted as threatening. Without any anxiety, you would probably make bad decisions, such as driving too fast on the highway, or not paying your bills. However, too much anxiety can lead to avoidance or unpleasant physical, emotional, and cognitive symptoms.

What are three things that trigger your anxiety?

1. _____
2. _____
3. _____

What are three physical symptoms that you experience when you feel anxious?

1. _____
2. _____
3. _____

What are three thoughts you tend to have when you feel anxious?

1. _____
2. _____
3. _____

What are three things you do to cope when you are anxious?

1. _____
2. _____
3. _____