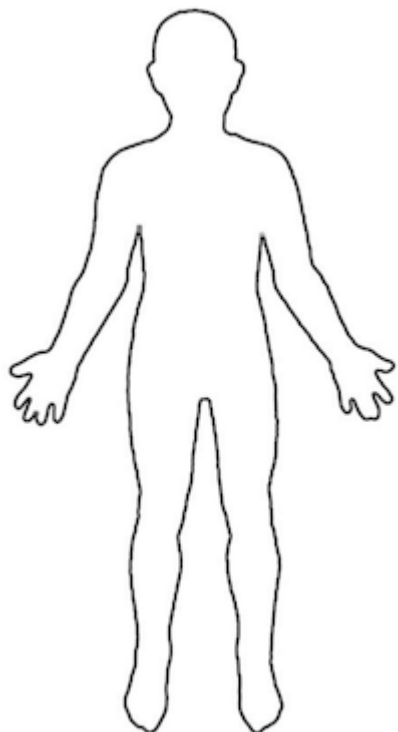


Recognizing the Anxiety

How the anxiety affect you
and How you influence it



How does the anxiety feel in your body? (circle)

Where in your body do you feel the anxiety? (mark with an x)

DIZZY SICK HEADACHE SWEATY TIGHT CHEST
NAUSEA HEART RACING COLD NUMB
CHILLED TINGLING

What thought and actions can you do to INCREASE your anxiety

What thought and actions can you do to DECREASE your anxiety

Thoughts:

Thoughts:

Behaviours:

Behaviours: