

In any given week, who are the people or groups of people you most often interact with? Describe or list them.

After a typical interaction with each of these people or groups, where does your emotional state fall on the anxiety/joy scale? Place yourself on the scales below and label each scale with an interaction name, such as "my relationship with ____."

anxiety  joy

anxiety  joy

anxiety  joy

anxiety  joy

*Looking back at the previous page,
is your anxiety self-created or
offloaded from the other person(s)?
Is your joy self-created or offloaded
from the other person(s)?*

What can you bring from your more joyful interactions into your more anxious interactions? What would that look like? Sketch or describe.