

RESOLVING ANXIETY

Anxiety

What is the emotion driving anxiety? _____

Anxiety is a failed attempt to _____ the _____

Name (3) common judgments about anxiety.

a. _____

b. _____

c. _____

How do you respond to anxiety? In yourself? In others?

Please write what's most commonly occupying your mental real estate...

What if... _____

What I'm afraid might happen is... _____

What if... _____

What I'm afraid of is... _____

What if... _____

What I'm afraid of it... _____