

Getting To Know Your Anxiety

Describe a recent situation when you felt anxious.

Was there anything you could have changed about the situation to make it less anxiety provoking?

What were things that you *could not* change about the situation? *What didn't you have control over?*

Describe a recent situation where you felt peaceful or at ease?

Describe your thoughts during the peaceful situation? What were you thinking? What were you feeling?

When in an anxiety provoking situation, if you were able to accept your thoughts and the situation for what they are, what would change for you?

What are some ways that you help your friends when they appear to be anxious?
