

My Anxiety Check-In

1. Which of the choices worked best for my anxiety?

2. Write about the choice(s) and how it made you feel.

3. Do you have your own technique for managing anxiety? What is it?

4. Are there techniques that did not work well for you?

What did you notice when you tried them?

5. Are there certain situations where one technique works better than another? Why?

6. Which technique would you like to practice more often? Why?

7. Who or what can support you when your anxiety becomes difficult to manage?

8. What I Learned About Managing My Anxiety.

Space to journal

Barbati

