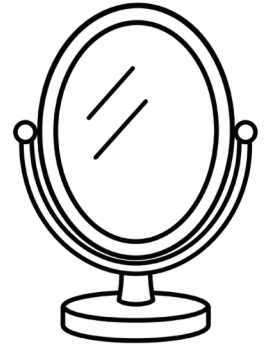


ANXIETY REFLECTION

What is triggering your anxiety?



What are some of the thoughts that you are having?

What is the worst thing that can happen?

What can I do to distract myself/calm down?

What are some positive thoughts about the situation?