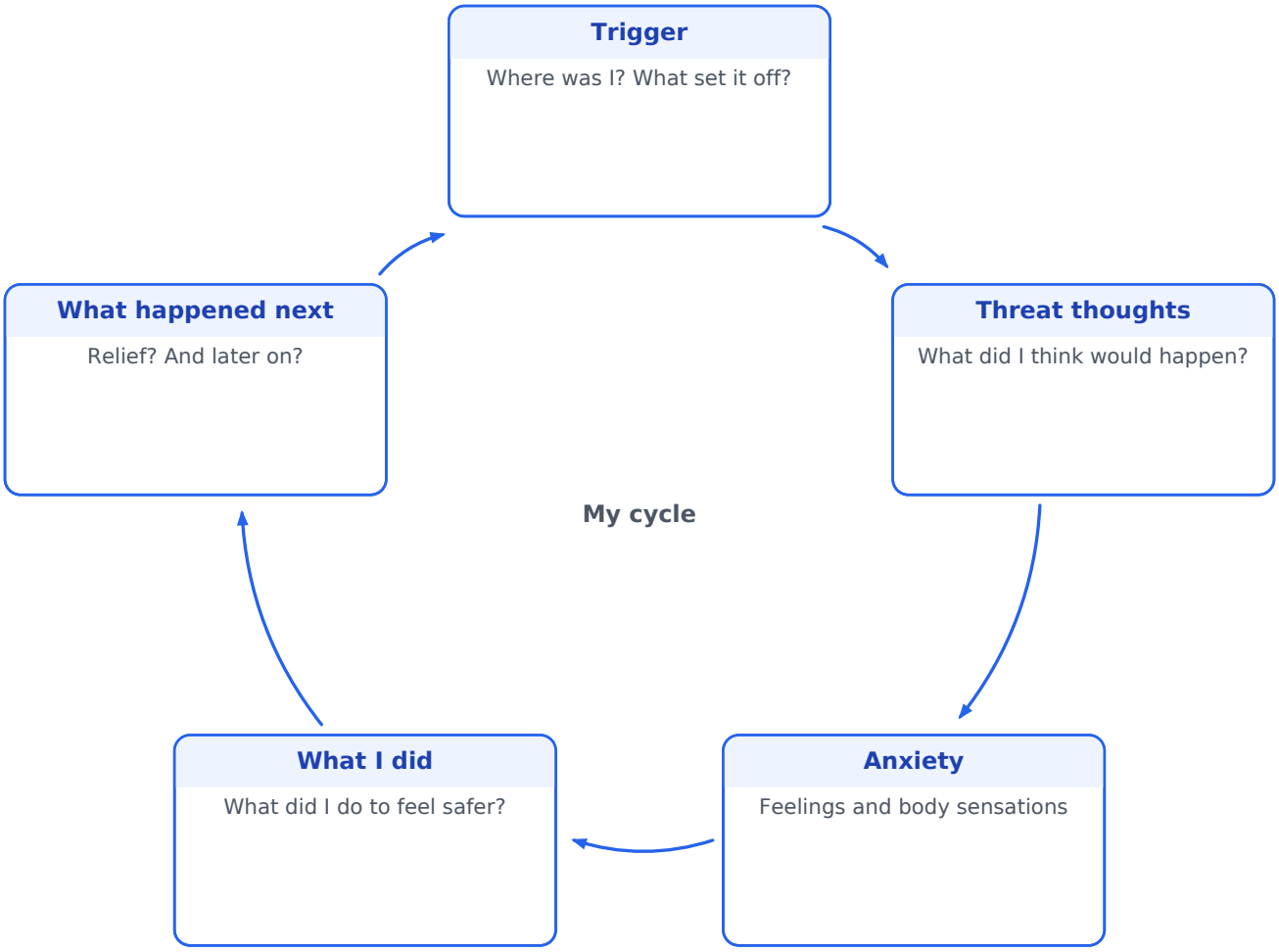
My anxiety cycle

Map one recent time when anxiety took over.

Name _____ Date _____



What did avoiding or playing safe stop me from finding out?

If I had stayed, or done it differently, what might have happened?

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