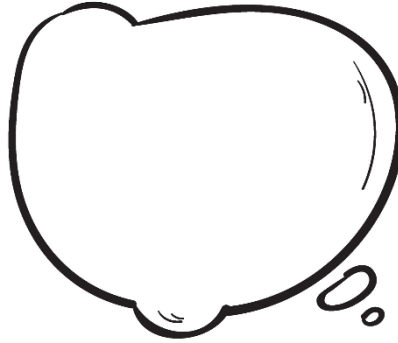


# ANXIETY BREAKDOWN

What is making me feel anxious?

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What are some of the negative thoughts that I am having?



How is my body responding?

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What is the worst thing that can happen?

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What do I have in my control to keep this from happening?

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What can I do to calm my body down?

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What are positive thoughts to help calm my mind?

