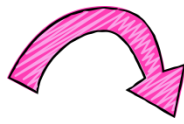


Situation that triggered
my anxiety



On a scale of
0-10, how
severe was
the anxiety?
Write the
number in
the shape to
the left.

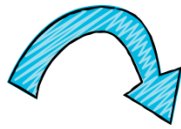


What I Did



What I Could Have Done to Cope/Better Alternatives

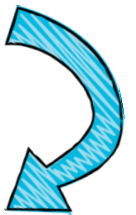
Situation that triggered
my anxiety



On a scale of
0-10, how
severe was
the anxiety?
Write the
number in
the shape to
the left.



What I Did



What I Could Have Done to Cope/Better Alternatives

Credits



[Morpho Science](#)

-Thank you for the frames &
arrows