

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

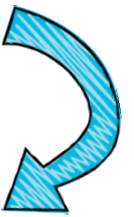
Situation that triggered my anxiety



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

Anxiety

<p><i>Trigger</i></p>	
<p><i>On a scale of 0-10, how severe was the anxiety?</i></p>	
<p><i>My Response</i></p>	
<p><i>What I Could Have Done to Cope/Better Alternatives</i></p>	

Anxiety

Trigger

On a scale of 0-10, how severe was the anxiety?

My Response

What I Could Have Done to Cope/Better Alternatives

Credits



[Morpho Science](#)

-Thank you for the frames & arrows



[Paula Kim Studio](#)

-Thank you for the clipart