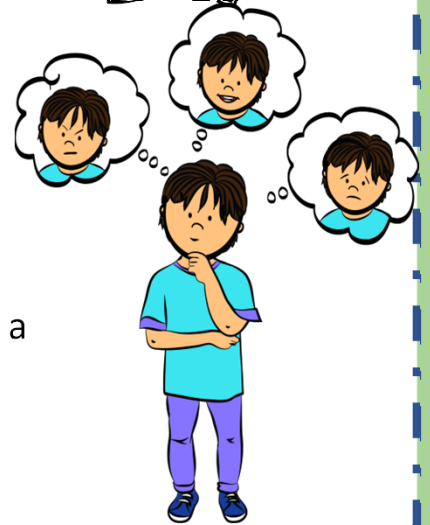


My Anxiety/Worry Day to Day

Look at each of the questions below and answer them to the best of your ability.



1. Are you experiencing stress, anxiety or worry in your life on a daily basis?
2. What types of triggers are causing the worry and anxiety in your life?
3. Do the triggers that cause anxiety and worry impact home life? school life? Both? How?
4. Of these triggers, which ones do you have control over?
5. Of these triggers, can you change any?
6. Has worry and anxiety ever helped any of these situations? Explain.
7. Do you want to work on strategies that will help to reduce your stress and worry?