

# My Priority List:

Take a look at the list of items and prioritize what is most important for you to work on:

What best describes me below:	High Priority	Medium Priority	Low Priority
Thoughts that keep me awake at night.			
Feeling down because of excess worrying.			
Avoiding things that worry me.			
Social relationships			
Constant worries.			
Understanding why I feel this way.			
Never looking forward to anything.			
Doing things I used to enjoy but can't.			
Feeling negative too often.			
Shaking negative feelings.			
Confronting my fears.			
The next panic or anxiety attack.			
Other:			

Are you willing to work on a mindset to help combat your concerns?