

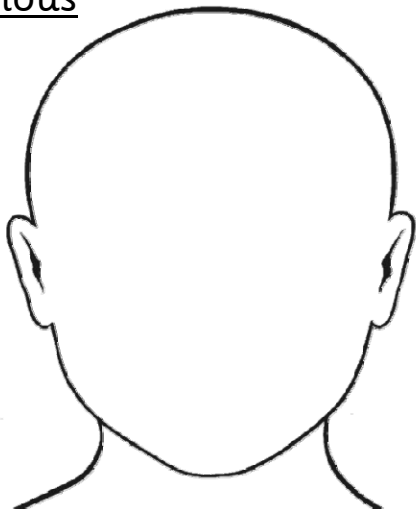
Name:

## My Anxiety Chart

What my body does when I'm anxious

What I say when I'm anxious

How I look when I'm  
anxious



What I can do to stop being  
anxious