

# Worry Wheels

Where do I feel anxious?

Who makes me feel anxious?

I am not sure what makes me anxious?

Does talking about it make me more anxious?

Is it something I have to do in the future that is making me anxious?

Is it something I have to do now that is making me feel anxious?

How can I manage my anxiety?

WHY AM I FEELING ANXIOUS?

