	e:		Date :
M	ANAGING AN	YIETV'	TOGETHER
	Answer the questions below hone		
	·		
	What trigge	ers your anxiet	y?
	How door your b	adu ragat ta a	unviotu?
	How does your b	ody react to a	inxiety?
	What thoughts often con	ne up when vo	u feel anxious?
	What thoughts often con	ne up when yo	u feel anxious?
	What thoughts often con	ne up when yo	u feel anxious?
	What thoughts often con	ne up when yo	u feel anxious?
	What thoughts often con	ne up when yo	u feel anxious?
	What thoughts often con		
		s help you mai	nage anxiety?
	What coping strategies	s help you mai	nage anxiety?
	What coping strategies	s help you mai	nage anxiety?