

MY THREE PHASES OF ANXIETY

A LITTLE BIT ANXIOUS		
How do you respond to this phase?	What is a helpful way to cope?	What do you need from others?

ANXIOUS		
How do you respond to this phase?	What is a helpful way to cope?	What do you need from others?

VERY ANXIOUS		
How do you respond to this phase?	What is a helpful way to cope?	What do you need from others?