

What is my anxiety like?

Anxiety is very common, but it is also a very personal and individual experience. Every person's anxiety is unique. Getting acquainted with your own anxiety is useful when you are learning to regulate anxiety symptoms. If you do not know where the "problem" lies, it is difficult to try to "fix" it. By examining your own anxiety, you can also discover that its intensity varies. At some moments, it can even be gone altogether.

What is your anxiety like? What differences do you notice in situations, your thoughts, your emotions, your actions, and your bodily sensations when your level of anxiety is high or low?

	Severe anxiety	Mild or no anxiety
Situations		
Thoughts		
Emotions		
Actions		
Bodily sensations		

For many, talking or thinking about anxiety can actually cause anxiety. How did doing this exercise feel for you?



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