

What Makes You Anxious?

(Circle the situations that make you anxious and use the blank bubbles to fill in your own examples)

Taking a test

Meeting new people

Trying to do everything perfectly

Talking with kids at school

Going to the doctor

Facing a fear

(Circle how you feel when you're anxious and fill in your own symptoms if they are not on the list)

Difficulty Speaking

Dry Mouth

Feeling Faint

Pounding Heart

Sweating

Upset Stomach

Shortness of Breath

Feeling Sick

Tight Chest

Sweaty Hands

Lump in Throat

Weak Legs
