

Anxiety



What am I worrying about right now?



Is this a current problem or a future possibility?



What evidence supports this fear?

What evidence suggests I may be okay?



What can I control in this situation?

What is one thing I can do within the next 10 minutes?



What does my anxious thought want me to notice?



If my anxiety had a message, what would it say?



What would I tell someone I care about who had this worry?

What has helped me feel safe before?



What small thing feels steady today?



What expectation is creating pressure for me?

What would happen if I approached this situation with curiosity instead of fear?



What does my mind need less of right now?

What does my mind need more of right now?

