

Anxiety Guide

Learn To Identify And Manage Your Anxiety

What is the worry:

● _____

**Worrying about this is
rational because:**

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

**Worrying about this is
irrational because:**

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

**Is there someone I need to talk to who can help give me clarity or
help reassure me?**

● _____

Are there other actions or steps that I can take to resolve this?

- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____

Patient Handouts For Anxiety

R Barnett



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