

How to Fill Out ANXIETY AND ME

Family Beliefs: List out ideas you think your family has about how to behave, what is good versus bad in life, and other important values. If you imagined your family was a sports team you might ask, “Whats our slogan?”. For example, some families believe its not okay to make mistakes, or being loud is bad. Your family might not say it, but how they behave gives it away (e.g. frowning when people are talking loudly in the store).

Important Life Events: Write down important things that have happened in your lifetime. Its okay if you’re not sure if they have contributed to your current situation.

Biological Factors: Think of any physical, mental health, or biological conditions either you or your family members have. For example, asthma, a heart condition, diabetes, chronic worry, depression, and more.

Daily Events: List out the things that happen in your day or week that you think cause you to become anxious or engage in the behaviours listed in the “What I Do” section.

What I do: List out the things you do when you feel anxious, scared, fearful, sad, mad, and any other negative emotions that bubble up for you.

How I feel: Check off any of the signs and symptoms that you notice when you are feeling negative emotions.