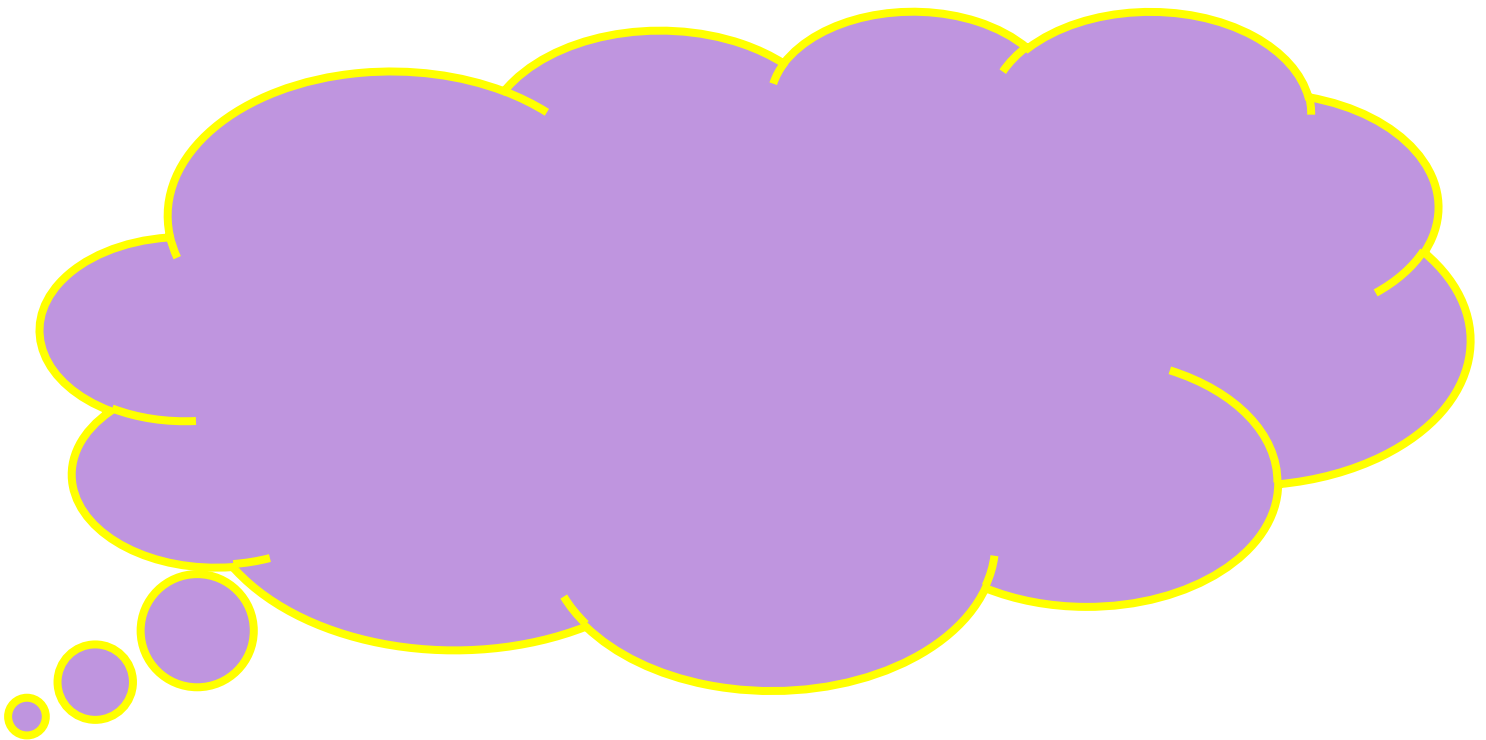


What things make me anxious



In the bubble below, write down as many things you can think of that make you feel worried, anxious or nervous.



Then, using the information in your bubble and the table below, make a list of the things that make you anxious from the most anxiety provoking in box number 1, to the least anxiety provoking in box number 10.

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

