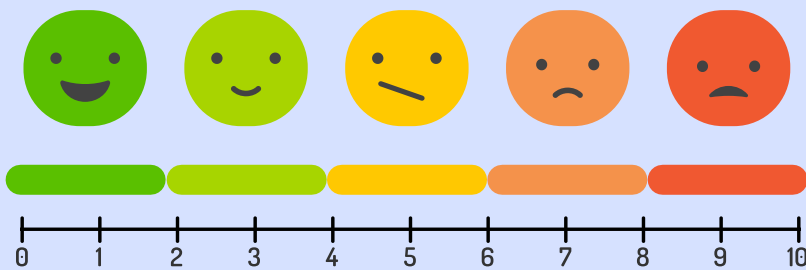


USING THE ANXIETY SCALE

Write down three situations that make you feel anxious in the boxes below. Then, mark what your anxiety rating would be for each situation using the anxiety scale. If you are having trouble with the anxiety scale, check whether each situation makes you feel a little bit anxious, anxious, or very anxious.

1.

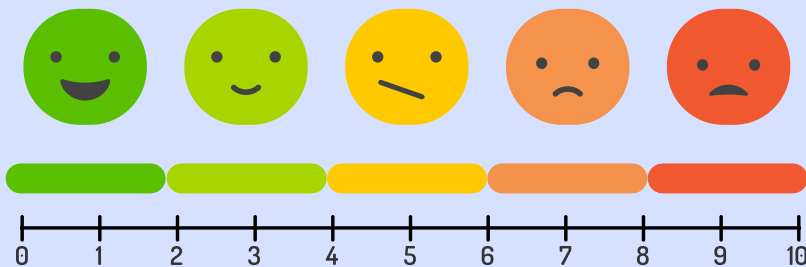


A little bit anxious

Anxious

Very anxious

2.

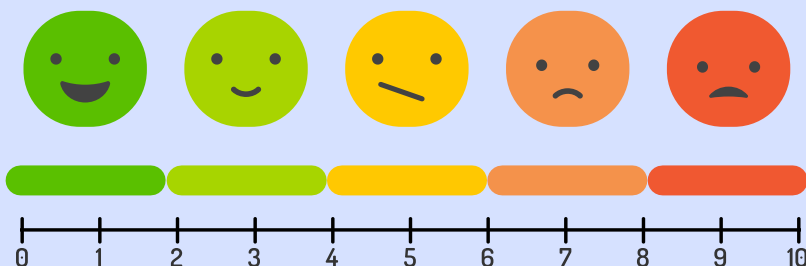


A little bit anxious

Anxious

Very anxious

3.



A little bit anxious

Anxious

Very anxious