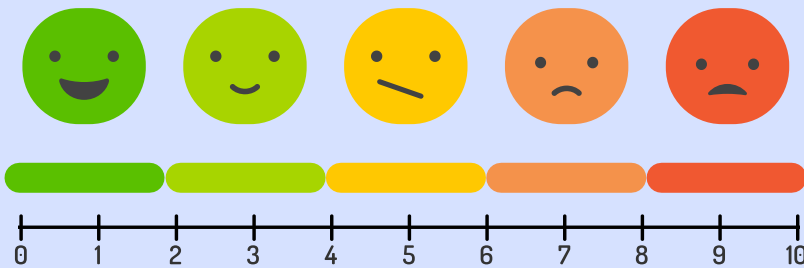


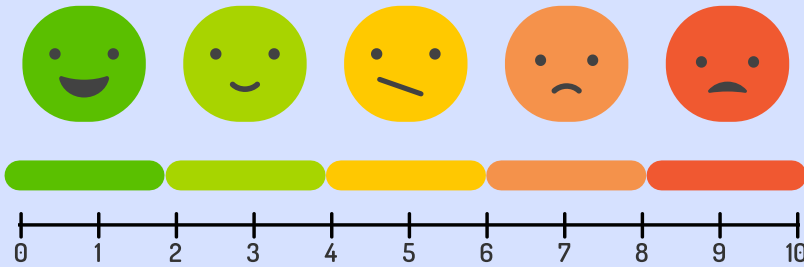
# USING THE ANXIETY SCALE

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.

1.



2.



3.

