

Anxiety Behaviors: Quick Fixes



Think of some times when you felt anxious, worried, or afraid and list out any common quick fixes you use.

Situation

Emotion or Fear

Quick Fixes

My stomach is hurting and I don't know why.

I feel anxious. I'm worried I might be really sick.

I spend hours looking up my symptoms to make sure nothing is seriously wrong with my health.

Blank rounded rectangle for Situation.

Blank rounded rectangle for Emotion or Fear.

Blank rounded rectangle for Quick Fixes.

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