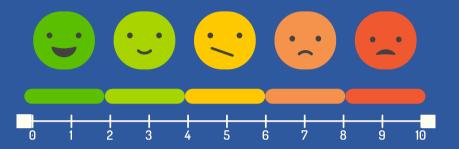
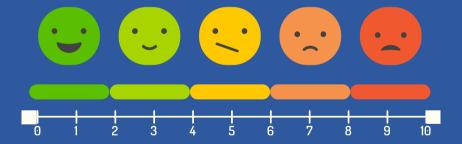
## Using the Anxiety Intensity Scale

Write down three situations that make you feel anxious in the boxes below. Then, mark how intense your anxiety would be for each situation using the scale.

1.



2.



3.

