

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.

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