Freedom from Anxious Thoughts & Feelings

MY ANXIOUS SIDE SCREEN

What are the recurring anxious themes showing up in your life? What tends to trigger these fears? How would you describe your anxious experience, in terms of thoughts, feelings, images, and bodily sensations? To develop an accurate picture of your anxiety, complete the "My Anxious Side Screen" form.

Anxious Triggers	
Anxious Thoughts	
Anxious Feelings	
Bodily Sensations	
Anxious Images	

© 2019 Scott Symington / New Harbinger Publications. Permission is granted to the reader to reproduce this form for personal use.