

# 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	