

Anxiety Breakdown

WHAT IS TRIGGERING MY ANXIETY?

WHAT ARE SOME OF THE THOUGHTS THAT I AM HAVING?



HOW IS MY BODY RESPONDING?

WHAT IS THE WORST THING THAT CAN HAPPEN?

WHAT DO I HAVE IN MY CONTROL TO KEEP THIS FROM HAPPENING?

WHAT CAN I DO TO CALM MY BODY DOWN?

WHAT ARE POSITIVE THOUGHTS TO HELP CALM MY MIND?

