



— ANXIETY —

JOURNAL PROMPTS

- 1 What are all the things that trigger my anxiety?
- 2 What people trigger my anxiety?
- 3 Actions others' do that trigger my anxiety?
- 4 Why do I think these things trigger me?
- 5 Can I remember the first experience I had these triggers?
- 6 What are the top 7 things making me anxious?
- 7 What feelings are associated with these 7 things?
- 8 Where in my body can I feel my stress/anxiety?
- 9 How does it feel? Heavy, rigid, tense, etc?
- 10 How would my ideal self be if I didn't have anxiety?

Getting Rid Your Excuses Journal

R Bogdan



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