

How Anxiety and Worry Make me Feel:

Negative thinking, focusing on bad thoughts and outcomes, and worrying excessively about multiple things; it can cause negative symptoms. Look carefully at the list below that are associated with anxiety and worry and check the ones that affect you:



Task:

Answer **Always**, **Sometimes** and **Never** to identify the negative symptoms associated with anxiety and worry:

	Always	Sometimes	Never
Restlessness, uneasiness, fidgetiness			
Fatigue and feeling tired more frequently			
Easily distracted			
Unable to concentrate or focus			
Irritable or bad temper			
Impatient			
Muscle aches and tension			
Insomnia or difficulty sleeping			
Feeling overwhelmed			
Other:			

Now that you are aware of how anxiety makes you feel, are you willing to put in the effort to help minimize these feelings/symptoms? Why or why not?