

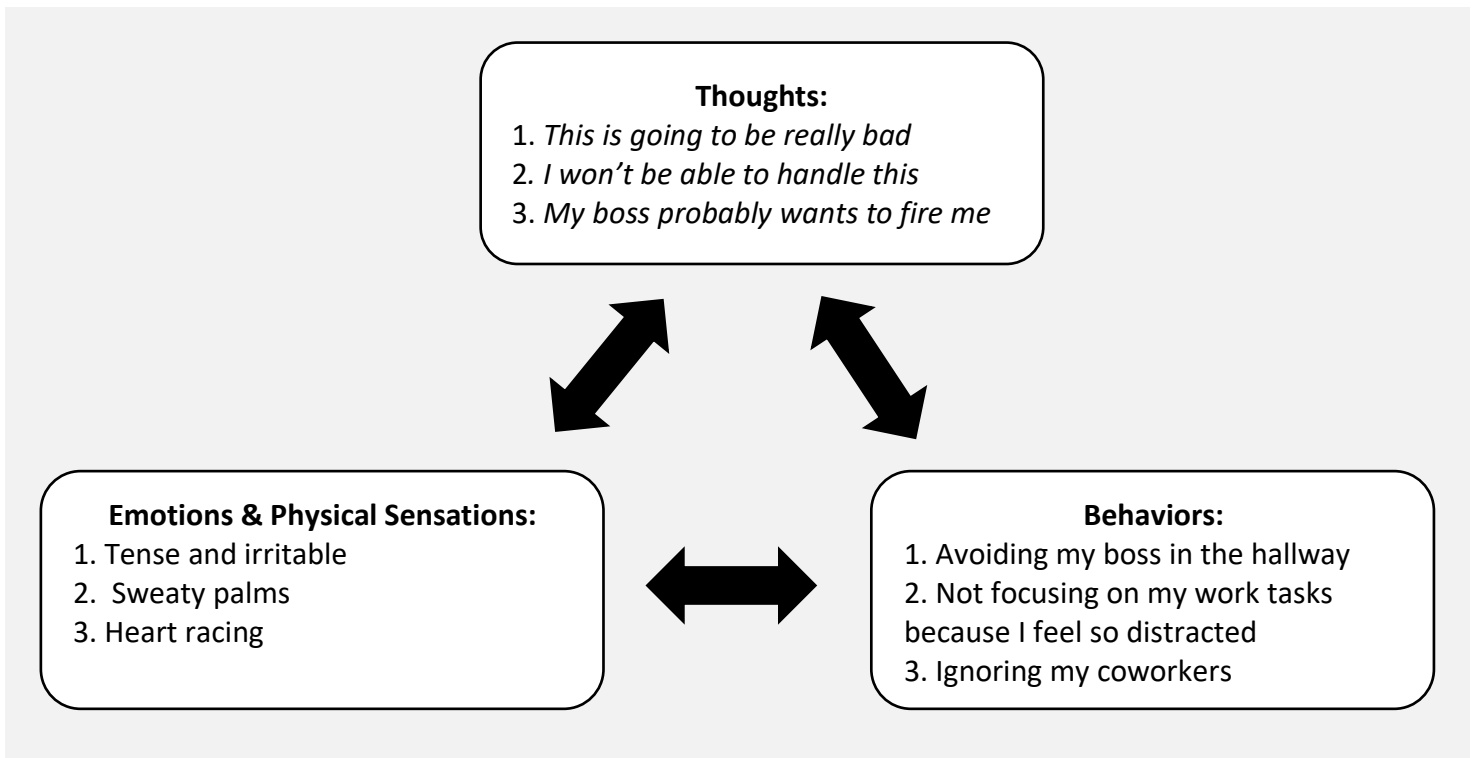
## What Does Anxiety Look Like for You?

Symptoms of anxiety can be a normal response to many stressors. However, if left unmanaged, anxiety can lead to changes in your normal routine or interfere with your responsibilities and goals. Avoiding situations, or events, or ruminating about bad things that we feel might happen can make us feel worse and make anxiety and avoidance even stronger.

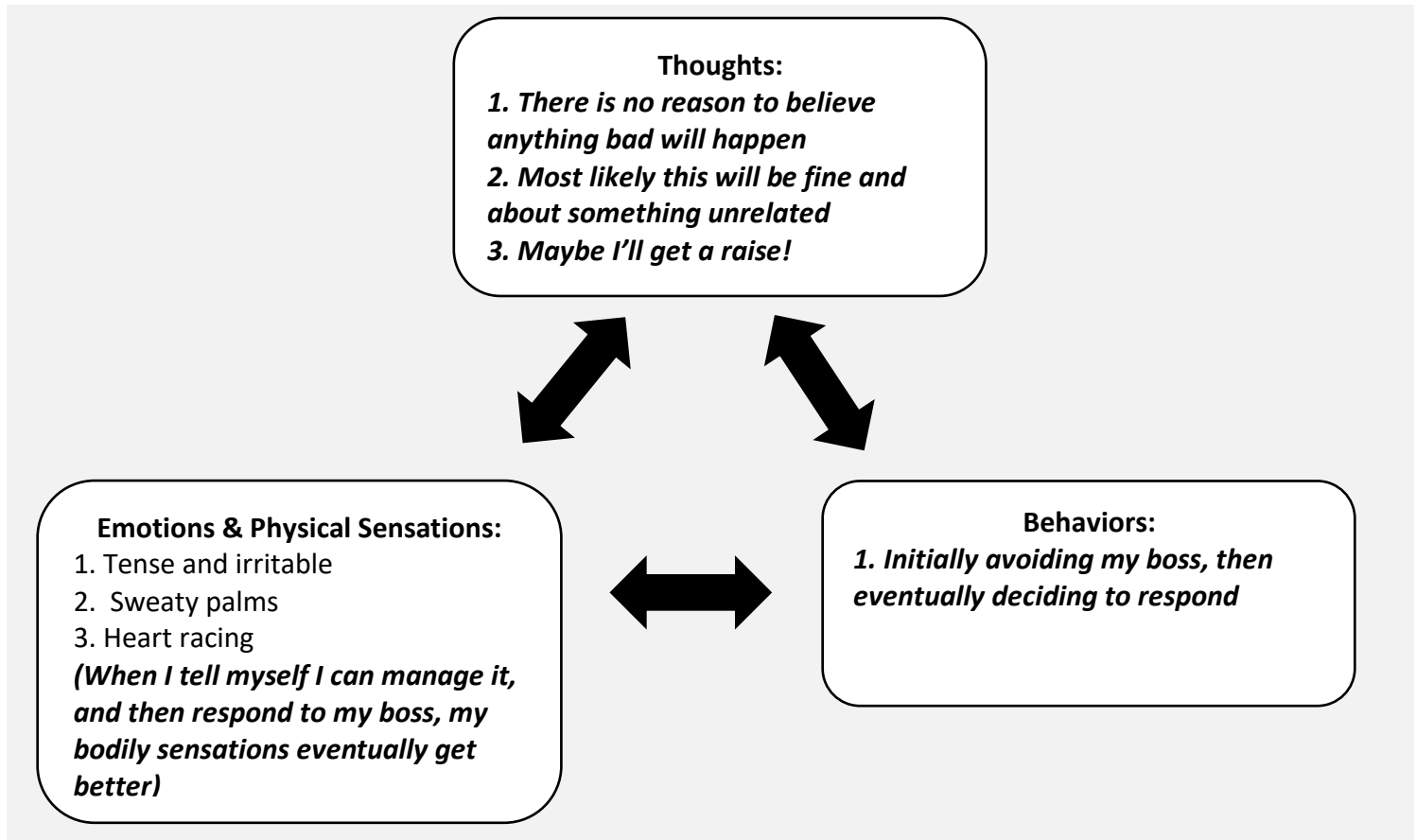
Anxiety in this way can lead to a vicious cycle, where physical sensations in our body go hand-in-hand with negative thoughts and worry. This is uncomfortable and distressing, which can lead us to ruminate or avoid the situation we're worried or anxious about. This cycle can make anxiety even more severe and likely to return. Recurrent anxiety can affect your relationships, work, school, hobbies, and family responsibilities.

### Let's look at one example:

**Situation:** Mr. Gonzalez is nervous about responding to an email from his boss. He thinks, "I know she wants to have a meeting with me and I'm not sure what it's about, but it might be something to do with my recent performance—I've been so distracted at work because of everything going on at home."



Now, let's look at a different version of how this cycle could unfold:



What is something (an event, responsibility, or situation) that you have been worrying a lot about or fearful of in the last week or two?

Let's fill in your own vicious cycle about the situation you listed above.

List your top three most troubling symptoms in each of the three areas (emotions & physical sensations, thoughts, and behaviors).

