Understanding our Anxiety

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Purpose: Better understand how anxiety and worry affects you.

Anxiety Exercise #1

- **Observe your anxious responses.**

1. Do you ever feel hopeless about a situation?	Not at all 1 3 5 7 Always
2. List two or three areas you tend to get anxious about or start worrying about things?	1) 2) 3)
3. When you get anxious, how long does it take to find the Lord's peace?	Within one day 1 3 5 7 I can't find it
4. When worried, how much does it affect your daily routine?	Not at all 1 3 5 7 Greatly affected
5. Do you sometimes get fearful when worried?	Always 1 3 5 7 Not usually

Below summarize whether you are an anxious person and in what way.