

# What Makes You Anxious?

(Circle the situations that make you anxious and use the blank bubbles to fill in your own examples)

Taking a test

Meeting new people

(Circle how you feel when you're anxious and fill in your own symptoms if they are not on the list)

Going to the doctor

Trying to do everything perfectly

**Difficulty Speaking**

**Dry Mouth**

**Feeling Faint**

**Pounding Heart**

**Sweating**

**Upset Stomach**

**Shortness of Breath**

**Feeling Sick**

**Tight Chest**

**Sweaty Hands**

**Lump In Throat**

**Weak Legs**

Facing a fear

Talking with kids at school

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