

# WRITING EXERCISE FOR ... Anxiety

Anxiety can often be paralyzing to people, keeping them from taking actions in their lives for fear of negative outcomes. It can be helpful to remember and write down the positive outcomes that are just as likely when we have the courage to take even baby steps outside of our comfort zones.

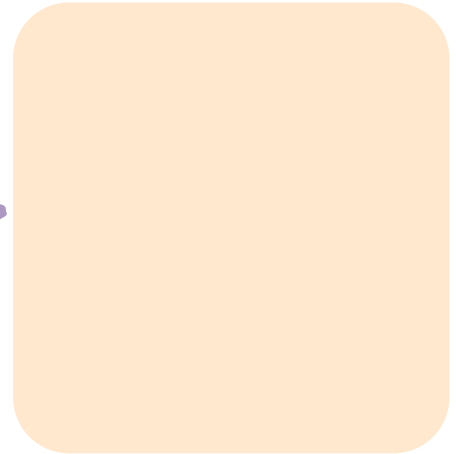
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What 3 actions does fear keep you from taking?

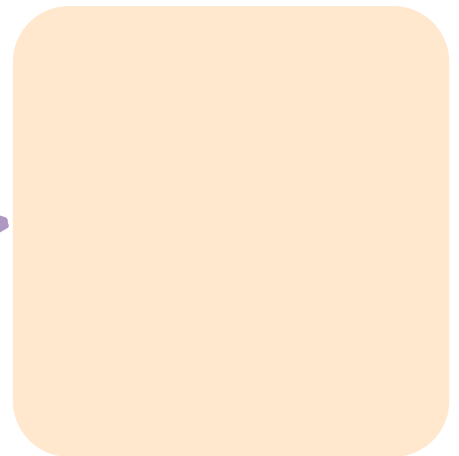
What is the **fear outcome** you are trying to avoid by not taking each action?

What **positive outcome** could come from your action?

1.



2.



3.

