

# Anxiety Worksheet for Teens

Name Joel Vasquez

Date February 27, 2022

## "I CAN POWER THROUGH MY ANXIETY!"

It's okay to feel anxious. The important thing is that you're able to find it within you to work through it! It takes time to get the determination to do that so we're going to take baby steps by starting with this exercise. We believe that you can power through your anxieties! We just need to identify them, as well as have you indicate how you feel and react in relation to your bouts with your anxieties. **Please be as detailed as you can as you write down your answers below.**

### QUESTIONS

The three things that make me the most anxious are...

1. School in general.
2. Speaking in front of class.
3. Looking towards the future.

When I feel anxious...

*My body goes through...*

Indicate physical changes like "My skin started to feel cold," "I have trouble breathing," "I feel a sharp pain in my chest," or "My voice starts to tremble."

Sometimes my voice trembles. Sometimes, I start shaking, especially if I'm worried about something. I also feel fatigued whenever I get anxious.

*I think about...*

Indicate the kinds of thoughts you have when you're anxious, like suddenly feeling like you will fail at something, thinking about isolating yourself, thinking that you're being judged, etc.

There are a number of things about school that make me anxious. Luckily, there are no bullies where I study. I've got great friends, and everyone is generally nice.

But whenever I think about speaking in front of class (because we're going to have speech drills next quarter), I just start shaking and I stutter. My parents and brother pointed it out while having dinner.

I also feel like, if ever I fail a class, my friends will judge me and not want to be friends. And my family will be really disappointed and start treating me differently.

# Anxiety Relief Math Worksheet Grade This Week

**Sebastian Brünink**



## **Anxiety Relief Math Worksheet Grade This Week:**

## **Anxiety Relief Math Worksheet Grade This Week** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Anxiety Relief Math Worksheet Grade This Week**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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