

Questions for Reflection

E34: Anxiety is Stupid



1. Describe any experience you have had with anxiety, whether in yourself or someone you care about.
2. How do you plan for anxious moments in your life? List some things that you can put in your healthy toolkit for anxiety or tough situations.
3. If you deal with anxiety, what situations tend to make it worse? Why?
4. How do you deal with the what-ifs in your life? In other words, how do you deal with the unknown things you can't control?