Anxiety & Me

Please circle the strengths and values that match how you (or others who know you well) might describe you.

**Strengths:** Compassion, humor, thoughtfulness, humility, honesty, fairness, passion for social justice, freedom, connection, empathy, perspective taking, analytical thinking, curiosity, spontaneity, planning, conscientiousness, reliability, trustworthiness...

**Other Strengths:**

**Values:** Family, the environment, relationships, community, religion, spirituality, education, empowerment, freedom, social justice, kindness, faith, mercy, preparation, independence, inter-dependence, integrity, courage, holistic wellness, equality for all, discipline, fairness...

**Other Values:**

My anxiety about ____________________________ shows my strength/value of ____________________________

My anxiety about ____________________________ shows my strength/value of ____________________________

My strength(s) of ____________________________ will help me manage anxiety and change my relationship with it.

My value(s) of ____________________________ will help me manage anxiety and change my relationship with it.

Additional realizations, strengths, or values that are important to me include:

_Created by David Emmert, Psy.D. San Jose State University Counseling and Psychological Services, 2018_