

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:

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Calming Anxiety, Living Mindfully C.A.L.M – By David Emmert, Psy.D. San José State University Counseling and Psychological Services