

Acceptance and Change:

Please take a moment to consider accepting some area of your life that is affected by anxiety. Then, consider steps you could choose to take (if you're willing!) toward change.

My Steps for Change (example):

I accept that anxiety affects me by:

“Preventing me from answering questions in class, or introducing myself to other classmates.”

I could move toward change by:

“Answering at least one question, or talking to one classmate, each day I have class.”

My Steps for Change:

I accept that anxiety affects me by:

I could move toward change by:

Discussion: Please share any changes you are considering, if you are willing!