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!

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