



## Exercise: What affects my anxiety

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### Goal

You will learn to recognise factors that have increased your anxiety.

### Instructions

List things that you believe have an effect on the start, maintenance and worsening of your anxiety and worry.

### Example

“As a child I spent a lot of time thinking about how my relatives would manage. I remember that my parents often worried that something would happen to one of their relatives. I think that I've learned to consider worrying about other people as a sign of caring.”

“I remember being nervous as a child. Perhaps my temperament makes me susceptible to anxiety.”

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### Things that I believe have an effect on my anxiety