

Name: _____

Overcoming Anxiety

Directions: Read the article “Attack of the Nerves” (page 20). Then answer the questions below.

1. Name three sources of anxiety in your life. Be specific. For instance, instead of “school,” explain what specifically about school may be causing you to worry.

2. How do you usually cope with those worries?

3. How well do your methods work at resolving the problem or helping you to feel better?

4. Now that you have learned more about effective ways of dealing with anxiety, name three specific steps you can take to manage the anxiety in your life.

After completing the activity, you should have a good sense of what may be bugging you—and what you can do about it. Take the steps you suggested in answer 4, and try them out to see whether they help you cope with the anxieties you named in answer 1.