



# Exploring Anxiety

## Eight questions for a kinder understanding

Anxiety is not only a problem to eliminate. It is a protective system that can become overworked. These questions help you notice how it shows up, what it protects and how you want to respond.

How does anxiety show up in my body and mind?

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What situations tend to wake it up?

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What helps in healthy, sustainable ways?

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What do I avoid, and what does avoidance cost me?

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How does anxiety influence my decisions?

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What might anxiety reveal about what matters to me?

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What would a kinder relationship with anxiety look like?

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One thing I learned about myself

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