

# Anxiety

## Star Diagram

Circle a number on each point of the star. 1 means that point is causing little or no anxiety, 5 means that point is causing a lot of anxiety.



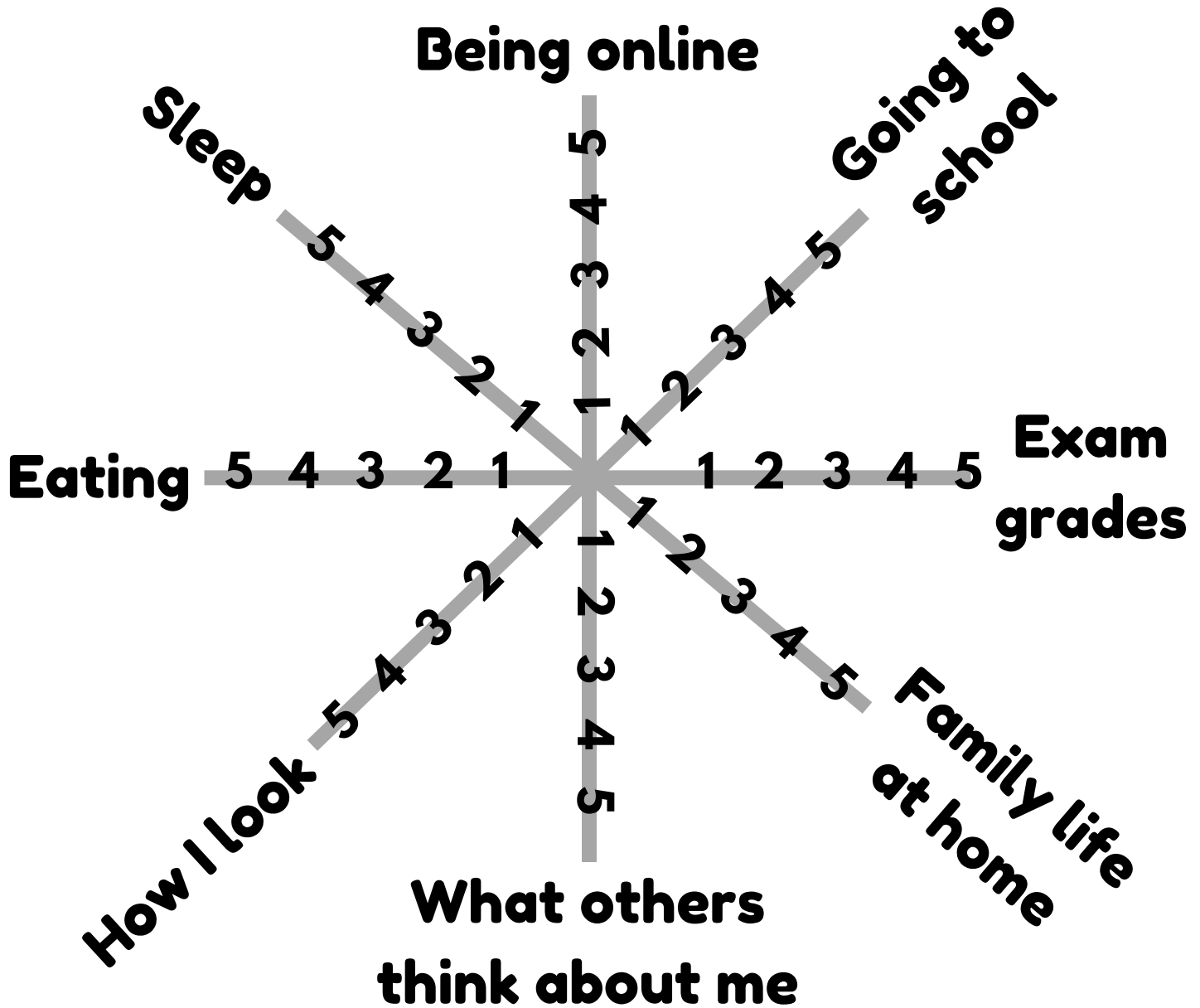
Based on your star diagram, think of three steps you could take to reduce your anxiety:

- 1.
- 2.
- 3.

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