

---

## Parts of Anxiety

---

### Physical Symptoms

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Thoughts

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### Behaviors

1. \_\_\_\_\_  
\_\_\_\_\_
  2. \_\_\_\_\_  
\_\_\_\_\_
  3. \_\_\_\_\_  
\_\_\_\_\_
-