Section I

ANXIETY
GOALS OF THE EXERCISE
1. Identify what precipitates the feelings of anxiety.
2. Increase the ability to verbalize thoughts and feelings about what brings on anxiety.
3. Explore options for coping with or resolving the feelings of anxiety.
4. Develop two specific ways to cope with anxious feelings.

ADDITIONAL HOMEWORK THAT MAY BE APPLICABLE TO OVERCOMING ANXIETY

- Depression Bad Thoughts Lead to Depressed Feelings Page 53
- Phobia-Panic/Agoraphobia Gradually Facing a Phobic Fear Page 166
- Social Phobia/Shyness Greeting Peers Page 243

ADDITIONAL PROBLEMS THIS EXERCISE MAY BE MOST USEFUL FOR

- Phobia-Panic/Agoraphobia
- Runaway
- Social Phobia/Shyness

SUGGESTIONS FOR PROCESSING THIS EXERCISE WITH CLIENT

Anxiety, or nervousness, can often be something that is hard to pin down. It can certainly be seen in adolescents, but getting at just what might be the specific cause is difficult and often elusive. Anxieties often disappear and change with time. The important thing is for adolescents to develop the ability to talk about their anxieties with someone they trust and someone who will take what they have to say seriously. Therefore, it is important not to say that feelings do not make sense or to offer some rational explanation as to why this cannot be. Instead, it is essential to just listen, accept, and encourage. Acceptance and encouragement of sharing of feelings can either help specifically identify what the source of the anxiety is or help reduce the anxiety through desensitization and extinction.
There are many things that can make a person feel anxious or nervous. In order to feel better, it is important to identify exactly what makes you anxious. Find in the following word search these items that can make some of us feel anxious or nervous:

<table>
<thead>
<tr>
<th>Monsters</th>
<th>Storms</th>
<th>Death</th>
<th>Mistakes</th>
<th>Fighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bugs</td>
<td>Dark</td>
<td>Yelling</td>
<td>Divorce</td>
<td></td>
</tr>
<tr>
<td>Snakes</td>
<td>Strangers</td>
<td>Noises</td>
<td>Arguing</td>
<td></td>
</tr>
</tbody>
</table>

Complete the following word search.

```
S T O R M S K R A D
R P E V J O S S Y I
E R L K F E N T G V
T D E A T H A R N O
S L U K W R K A I R
N P S R G N E N T C
O I B U G S S G H E
M T I A C E D E G B
C N O I S E S R I U
G N I L L E Y S F K
```

1. Name three things that make you feel anxious or nervous.
   1. ____________________________
   2. ____________________________
   3. ____________________________
2. Choose one of the three things that makes you feel the most anxious.

3. When you experience this anxious feeling, which of the following things happen to you? (Circle at least one.)
   - Hands sweat
   - Run to a safe place
   - Start talking to anyone who is nearby
   - Get angry
   - Heart beats faster
   - Become short of breath
   - Become fearful
   - Feel physically sick
   - Freeze and do nothing
   - Call for help
   - Try to think or do something else quick
   - Try not to let others know by acting OK

   Other reactions to feeling anxious are: ____________________________________________

4. What have you tried that helps you get over feeling nervous?
   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________

5. What has worked the best?
   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________

6. Now ask two people who you trust the following questions:
   A. Do you ever feel anxious?  
      1. Yes  
      2. No
   B. What makes you anxious?  
      1. _________________________________________
      2. _________________________________________
   C. How do you handle the anxiety you feel?  
      1. _________________________________________
      _________________________________________
2. ______________________________________
   ______________________________________

7. Either from the input you received from others or from an idea you have, create another possible way to handle your anxious feelings.
   ______________________________________
   ______________________________________
   ______________________________________