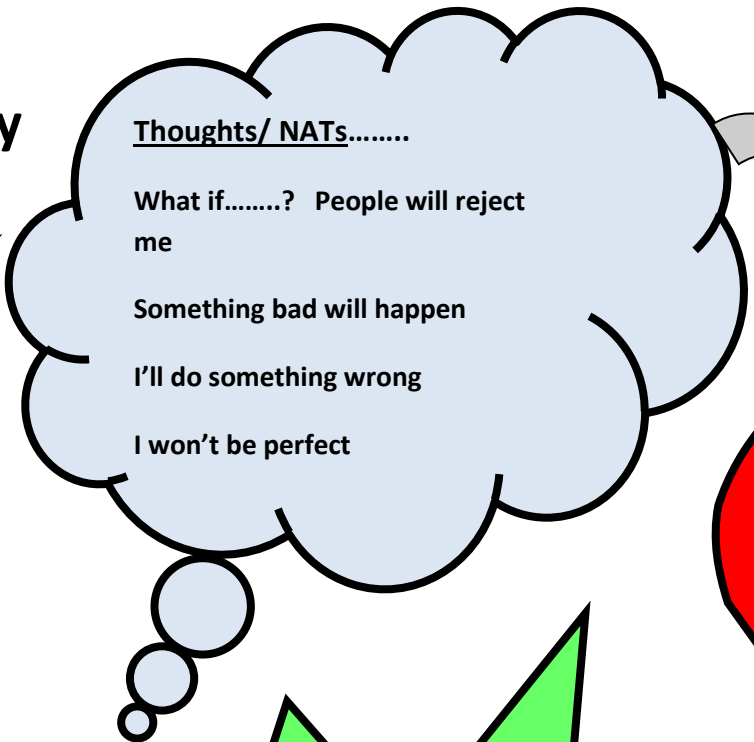


Understanding my Anxiety

This keeps me believing all my NATS



When I am in a situation where I think there is some uncertainty about what will happen, I start to worry that something bad will happen. I think things like "I'll do something wrong", "I'll say something silly or mess up my words.", "Everyone will think I'm stupid or not good enough"



When I feel anxious, I feel sick, tense and sometimes notice my heart racing. It also affects my sleep, and I feel like I can't concentrate on anything else. I feel tired and emotionally exhausted. I feel like I don't have the energy to face my anxiety.



When I feel scared and anxious, I tend to avoid doing things like socialising with friends, and I worry instead of telling anyone how I feel, or trying to use evidence to challenge my NATS.

