

Acceptance & Change

Chapter 3

Please think back on the past week, and rate your weekly average on this scale of 0-10.

10 - Highest anxiety/distress you have ever felt, unable to function

9 - Extremely anxious/distressed, highly affecting performance

8 - Very anxious/distressed, significantly impacting performance

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Anxiety & Me

Please circle the strengths and values that match how you (or others who know you well) might describe you.

Strengths: Compassion, humor, thoughtfulness, humility, honesty, fairness, passion for social justice, freedom, connection, empathy, perspective taking, analytical thinking, curiosity, spontaneity, planning, conscientiousness, reliability, trustworthiness

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