



## INSTRUCTIONS

You can use this template to create your very own anxiety scale to identify your anxiety level and apply your chosen strategies to prevent it from increasing.

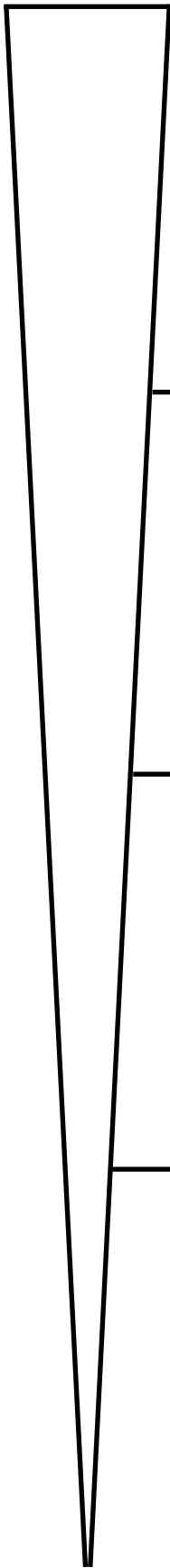
Start in the left column and write down the anxiety symptoms that appear between 0 (no anxiety) and 100 (very strong). Then reflect on what kind of strategy you could apply at each of these symptom levels. You can put in as many ideas as you like!

Tips: You can color the scale on the left with colors that represent your mood at each of the levels. You may also want to put it in an easy-to-see place in your home or keep a picture on your cell phone so you can check it from time to time on how you're feeling.

100

SYMPTOMS

STRATEGIES



Empty box for symptoms at anxiety level 100.

Empty box for strategies at anxiety level 100.



Empty box for symptoms at anxiety level 75.

Empty box for strategies at anxiety level 75.



Empty box for symptoms at anxiety level 50.

Empty box for strategies at anxiety level 50.



Empty box for symptoms at anxiety level 25.

Empty box for strategies at anxiety level 25.

0

ANXIETY LEVEL