



Petal & Paper

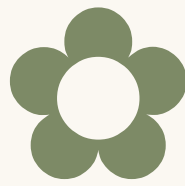
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Anxiety journal prompts



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P U T T I N G I T O N P A P E R

anxiety journal

What I am worried about · _____

Is this in my control? · yes / partly / no

What is the worst that could happen? ·

How likely is that really? · _____

What would I tell a friend in this situation? ·

One small thing I can do right now ·

What I am grateful for today · _____

F E E L I N G S A R E N O T F A C T S

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