

EXERCISE: What Parts of Your Life Have Been Made Smaller Because of Anxiety?

In this exercise reflect on the areas of your life, and how they currently are due to the struggle. Reflect on each Life area in turn before then going on to describe how you would like it to be.

When you describe how you would like it to be, write as though there are no barriers, as if you were able to effortlessly act like the person you really want to be.

| Life Domain | How it is, because of the struggle with anxiety | How I would like it to be, based on my valued directions |
|------------------------------|--|---|
| <i>Intimate Relationship</i> | | |
| <i>My Health</i> | | |
| <i>Work</i> | | |
| <i>Leisure time</i> | | |
| <i>Family relationships</i> | | |
| <i>Friendships</i> | | |