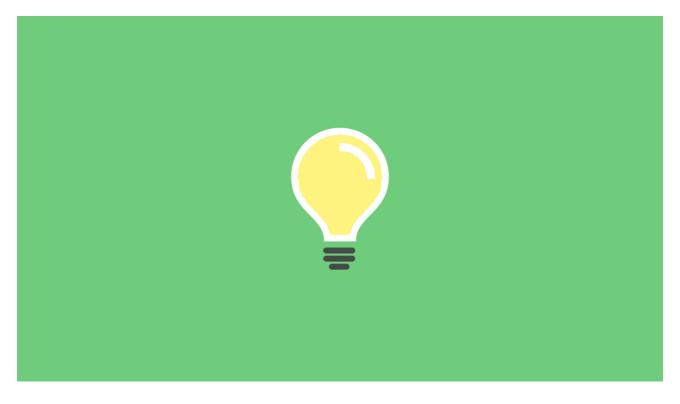
## Anxiety Checklist Whenever I Feel Anxious...



My heart beats really fast
I feel afraid
I have trouble breathing
I have thoughts of everything that could go wrong
I have trouble taking or my voice trembles
I start to sweat a lot
My stomach or my head starts to hurt
I feel like running away
My mind goes really fast
I get really 'jumpy'
I think something terrible Is about to happen
I get a 'lump' In my throat
I feel like running away or being by myself
My chest starts to feel tight
I feel out of control
I lose focus
I start to shake

I feel dizzy or I feel like I am about to faint	Make and Share Free Checklists checkli.com