

# ANXIETY & UNRESOLVED ISSUES

# WORKSHEET

*Unresolved issues often cause Anxiety.*

Use the prompts on the next page to explore unresolved conflicts that may be contributing to your anxiety.

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# ANXIETY & UNRESOLVED ISSUES

# WORKSHEET

1. List any people, place or situations that you dread and try to avoid.

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2. For each item listed, think about any related conflicts or unresolved issues that may be creating anxiety for you. Write about those here. Example: *Avoid the association meetings because I backed out on a project with a regular member who attends.*

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3. What can you do to resolve these issues or conflicts?

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