



# ANXIETY TALK

*An Ellington Youth Services Series*

## FINDING YOUR CAPACITY BY REFRAMING THE MIND

**THIS STEP-BY-STEP EXERCISE WILL HELP YOU IN OVERCOMING  
YOUR ANXIETIES**

**Start by listing the anxieties you want to face:**

I want to: \_\_\_\_\_

My reward:

Step 6: \_\_\_\_\_

My reward:

Step 5: \_\_\_\_\_

My reward:

Step 4: \_\_\_\_\_

My reward:

Step 3: \_\_\_\_\_

My reward:

Step 2: \_\_\_\_\_

My reward:

Step 1: \_\_\_\_\_

My reward:

