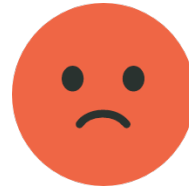


## Anxiety Thermometer

Write down all the different ways in which a young person might feel anxiety in increasing severity along the thermometer.

Hint: Think of your feelings, thoughts, physical changes and behaviours.



Low

Med

High

	Low	Medium	High
Thoughts			
Feelings			
Physical			
Behaviours			