

Worksheet 3

Change & Anxiety

This can seem frightening, change is good it's a positive step, but it also can bring up emotions of anxiety and fear.

Make a list of your 5 worst fears of changing:

What negative thoughts keep repeating in your mind?

Fear, anxiety, and worry can all feel the same but mean different things and make us feel different ways within our body.

Fear is an intense biological response to immediate danger, while anxiety is an emotion regarding things we think may happen.

The bodies' reaction

The body enables us to recognise when something is not quite right. We can become tearful or lose our appetite or our sleep patterns can be affected. Therefore, it's important to recognise these signs, that our body is trying to tell us, something is not quite right.⁴

<https://batonrougebehavioral.com/fear-vs-anxiety-understanding-the-difference/>
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What anxiety feels like. Uncredited image. [HTTPS://blogs.kent.ac.uk/attendanceblog/anxiety/](https://blogs.kent.ac.uk/attendanceblog/anxiety/)