

what's your anxiety story



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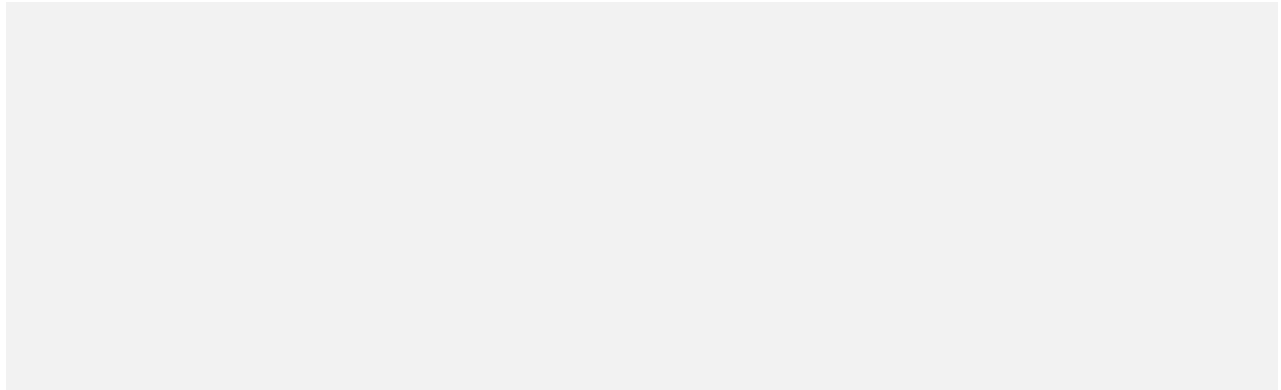
Anxiety is a common, yet often overlooked, aspect of grief. This compassionate and insightful guided journal is specifically tailored for widows and widowers navigating the complex emotions and challenges that follow the death of a spouse.

With 10 carefully crafted prompts that guide widows through the nuances of their anxiety, these questions encourage reflection on personal experiences, recognition of anxiety triggers, and exploration of coping strategies.

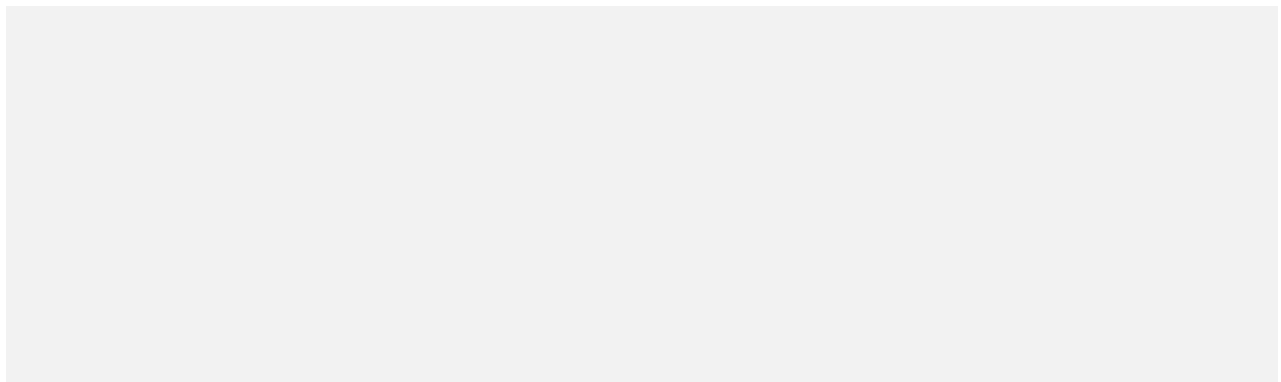
It's all about helping you understand the anxious feelings that come with grief and showing you that it's okay to feel this way. This journal is here to help you make sense of your anxious thoughts and find some peace and hope along the way.

What My Anxiety Looks Like

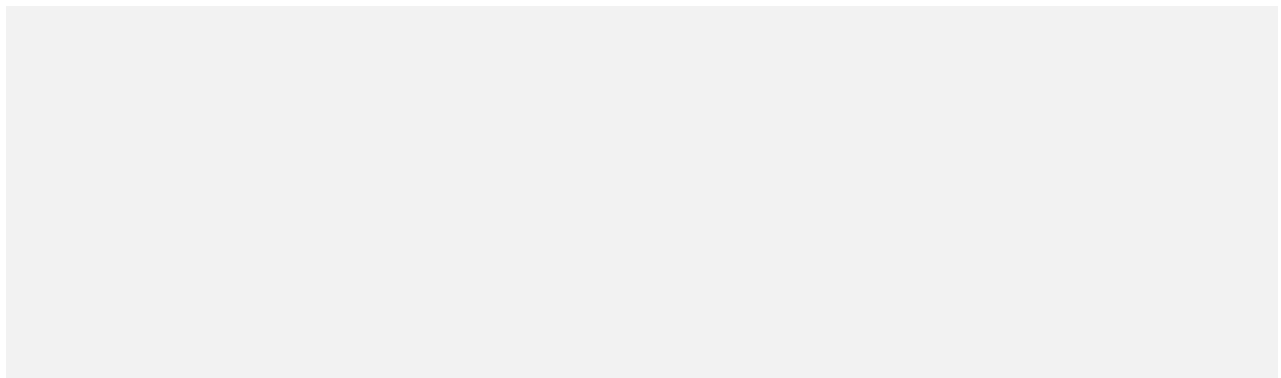
If my anxiety could speak, what would it say? What might it be trying to tell me about my needs or boundaries?



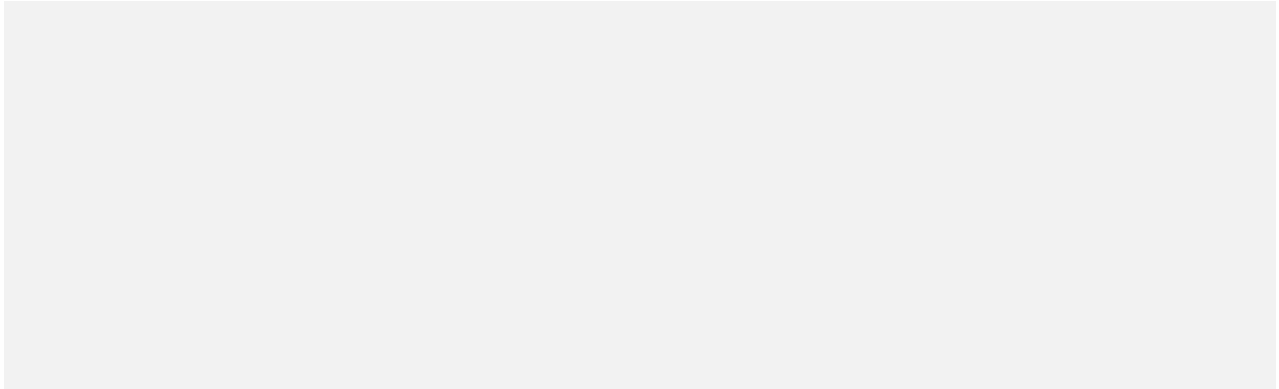
What situations, people, or thoughts trigger my anxiety? Describe them in detail and how they make me feel.



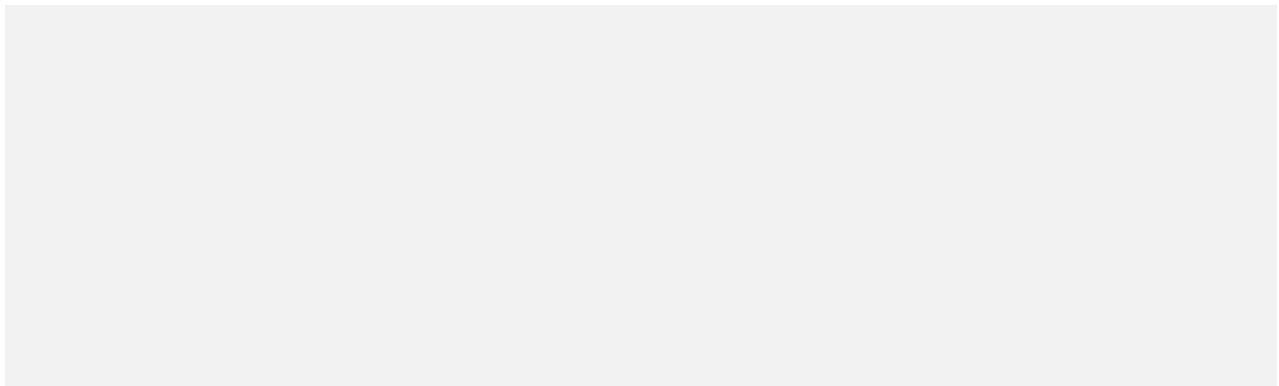
When I feel anxious, what physical sensations do I experience? Where in my body do I feel them the most?



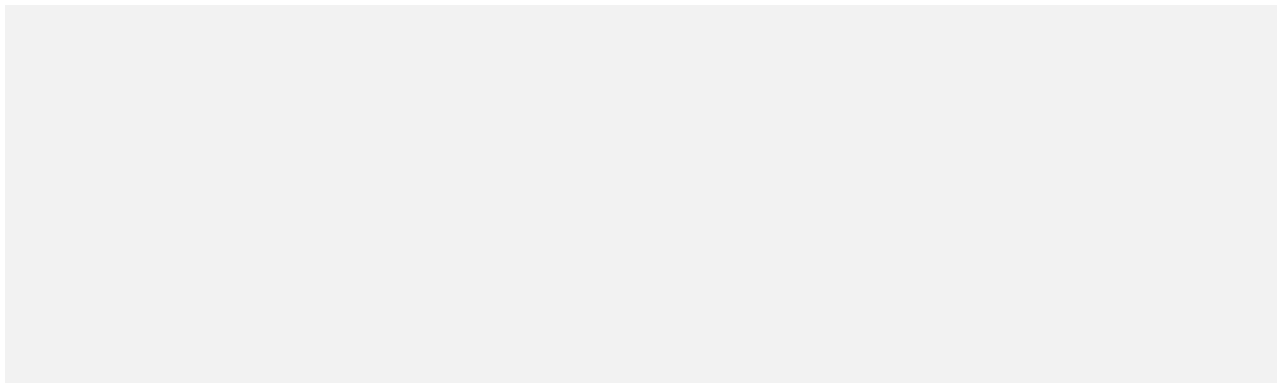
What actions do your anxious thoughts create? how does your behavior change?



What am I missing out on now, because I'm caught up in another time?



What are my current strategies for managing anxiety? Which ones work well, and which ones might I need to change



How Do I Contribute to My Anxiety?

List the statements you make to yourself that contribute to this anxiety.
(Examples: You're going to fail - No one loves you)

16 horizontal lines for writing.

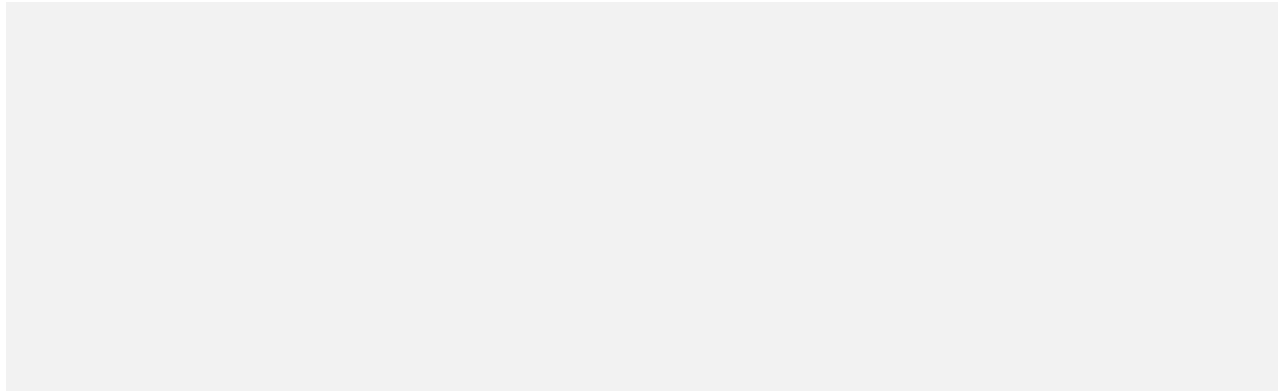
How Can I Challenge Those Statements?

List the things you know to be true to challenge your anxiety-inducing thoughts. (Examples: I've figured this out before - my family loves me)

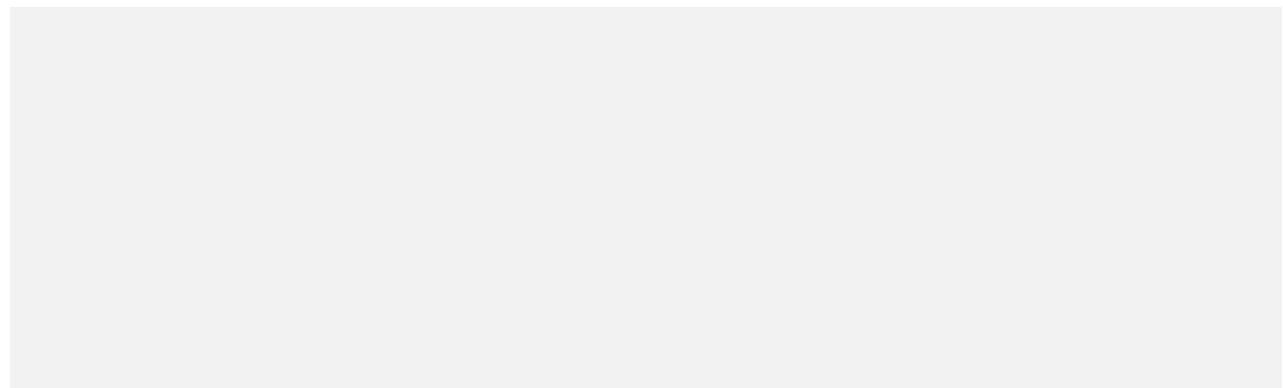
15 horizontal grey bars for writing.

Crafting a New Story

If I knew nothing could go wrong, what would I do differently? how would I think or act differently?



What new positive messages, beliefs, and stories do I want to believe about myself?



I choose to let go of what I can't control, including:

