

ANXIETY VS. WORRY

- PERSISTENT
- UNCHANGING WITH CIRCUMSTANCES
- AFFECTS DAILY LIFE OR PHYSICAL HEALTH
- INESCAPABLE
- OVERWHELMING

FEELINGS OF
FEAR OR
CONCERN FOR
PEOPLE AND
SITUATIONS

- TEMPORARY
- CIRCUMSTANTIAL
- DOES NOT IMPACT DAILY LIFE
- GOES AWAY WHEN YOU KNOW THE OUTCOME

Anxiety And Worry

Michael Brown



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