

# A Mountain of Worries

When you have a lot of worries, they can feel like they mount up quickly.

## Instructions:

1. Starting at the bottom of the mountain, write down some situations or things that bother you.
2. As you work your way up to the top of the mountain, write down situations or things that bother you the most.
3. Give each situation or thing a rating from 1-5, based on how disruptive your worries are or how hard you work to avoid the situations you are describing.

Gabriella Lancia, PhD

	Anxiety	Rating
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