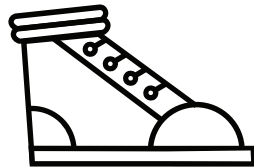


## Three Steps for Alleviating Anxiety

Download this worksheet at [prescriptionswithoutpills.com](http://prescriptionswithoutpills.com).



**1** List each concern that comes to mind as you focus on your anxious feeling.



**2** Circle back through the list. **Gather information** regarding each specific concern.

**3** Create options for **solutions.**