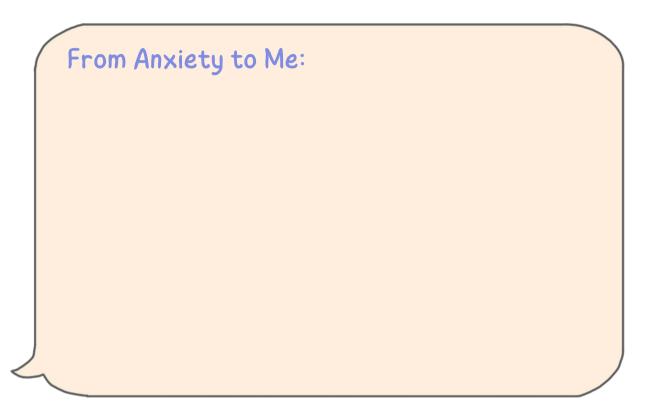
Anxious feelings are trying to send us a message. It's our job to figure out what that message is. Imagine your anxiety is sending you an actual text. What's would it say? Write a text from anxiety, then write a reply.



From Me to Anxiety: