



Anxiety Record

1.

Situation

drought

Physical Sensation

tired

Thought

too hot

How I handled it

thought about irrigation systems

2.

Situation

orange trees on my turf

Physical Sensation

tense

Thought

angry

How I handled it

thought of hybrid apples and oranges

3.

Situation

No answer given.

Physical Sensation

No answer given.

Thought

No answer given.

How I handled it

No answer given.

4.

Situation

No answer given.

Physical Sensation

No answer given.

Thought

No answer given.

How I handled it

No answer given.

5.

Situation

No answer given.

Physical Sensation

No answer given.

Thought

No answer given.

How I handled it

No answer given.

6.

Situation

No answer given.

Physical Sensation

No answer given.

Thought

No answer given.

How I handled it

No answer given.

7.

Situation

No answer given.

Physical Sensation

No answer given.

Thought

No answer given.

How I handled it

No answer given.

8.

Situation

No answer given.

Physical Sensation

No answer given.

Thought

No answer given.

How I handled it

No answer given.

9.

Situation

No answer given.

Physical Sensation

No answer given.

Thought

No answer given.

How I handled it

No answer given.

10.

Situation

No answer given.

Physical Sensation

No answer given.

Thought

No answer given.

How I handled it

No answer given.

11.

If needed, please describe remaining situation(s), physical sensation, thought, and how I handled it:

No answer given.