

# IS ANXIETY MAKING ~~THIS~~ DECISION?

1 What decision am I trying to make?

2 If anxiety weren't part of this decision, what would I want to do?

3 What am I afraid might happen?

4 What do I actually know right now?

5 Do I truly not want to do this, or do I not want to feel the discomfort that comes with doing it?

6 What would make this feel 10% easier?

*My smallest next step:*

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