

ANXIETY VS. WORRY

- PERSISTENT
- UNCHANGING WITH CIRCUMSTANCES
- AFFECTS DAILY LIFE OR PHYSICAL HEALTH
- INESCAPABLE
- OVERWHELMING

FEELINGS OF FEAR OR CONCERN FOR PEOPLE AND SITUATIONS

- TEMPORARY
- CIRCUMSTANTIAL
- DOES NOT IMPACT DAILY LIFE
- GOES AWAY WHEN YOU KNOW THE OUTCOME

Worries And Fears

LP Steffe



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