

The Effects of Anxiety on Goals and Values.

Purpose: This document is to help you understand how your anxiety limits your life.

Instructions. Look at the example and follow the process to write your own changes. Your scenario can be regarding your family, friends, work etc.

Write your scenario. Rate how important each area is and how satisfying it is. Finally write achievable steps to reach your goal.

EXAMPLE SCENARIO: Because of my domestic abuse I find it difficult to trust people. I spend a lot of my time on edge waiting for something to happen. I don't want my children to see how anxious I am, they don't know why I separated from their father and I won't talk about it. My children don't go out for treats on the weekends because I'm too scared to go out. They still have friends over and go for sleepovers with their friends but I know they'd like to do things with me.

Family:

Not Important Somewhat Important Very Important

Not Satisfied Somewhat Satisfied Very Satisfied

Work:

Not Important Somewhat Important Very Important

Not Satisfied Somewhat Satisfied Very Satisfied

Relationships:

Not Important Somewhat Important Very Important

Not Satisfied Somewhat Satisfied Very Satisfied

Other:

Not Important Somewhat Important Very Important

Not Satisfied Somewhat Satisfied Very Satisfied

Area of Focus: Family

Steps:

1. Take my children to town once a fortnight for a treat even though I'm scared my ex could be in town.
2. Invite a family member to join us as I haven't seen them in ages and the children would also love to see them.
3. Arrange with the children's friends parents a group holiday so the children get a break from the area and have a fun experience.

SENARIO:

Family:

_____ Not Important _____ Somewhat Important _____ Very Important

_____ Not Satisfied _____ Somewhat Satisfied _____ Very Satisfied

Work:

_____ Not Important _____ Somewhat Important _____ Very Important

_____ Not Satisfied _____ Somewhat Satisfied _____ Very Satisfied

Relationships:

_____ Not Important _____ Somewhat Important _____ Very Important

_____ Not Satisfied _____ Somewhat Satisfied _____ Very Satisfied

Other:

_____ Not Important _____ Somewhat Important _____ Very Important

_____ Not Satisfied _____ Somewhat Satisfied _____ Very Satisfied

Area of focus:

Steps:

SENARIO:

Family:

____ Not Important _____ Somewhat Important _____ Very Important
____ Not Satisfied _____ Somewhat Satisfied _____ Very Satisfied

Work:

____ Not Important _____ Somewhat Important _____ Very Important
____ Not Satisfied _____ Somewhat Satisfied _____ Very Satisfied

Relationships:

____ Not Important _____ Somewhat Important _____ Very Important
____ Not Satisfied _____ Somewhat Satisfied _____ Very Satisfied

Other:

____ Not Important _____ Somewhat Important _____ Very Important
____ Not Satisfied _____ Somewhat Satisfied _____ Very Satisfied

Area of focus:

Steps: