Is It Anxiety ACT Worksheet

Date:

Name:

Physician's Name:

this exercise.

ation on Front that Induces America	Will it had a man live the life Lover 10
action or Event that Induces Anxiety	Will it help me live the life I want?

Reference: Is it anxiety? (n.d.). [E-Book]. In *Act for Anxiety Workbook: ACT techniques for self-help* (p. 1).