

Anxiety

What This Anxious Moment Needs

Adults and teens 13+ | 10 to 15 minutes

Anxiety can signal a demand, an uncertain possibility, or a real threat. Begin with context rather than assuming your mind is mistaken. This page helps you identify one useful response while leaving room for feelings that may not settle immediately.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Name what is happening

Describe an observable situation, such as a delayed bus, separately from a prediction, such as "I will lose my job." Include real consequences and resources you have available.

Choose a useful response

If action is possible, name one bounded step. If no further action is useful now, choose a neutral task, a support request, or an optional attention anchor. The goal is a workable response, not perfect calm.

1. What happened, and what is your mind predicting?**2. What part needs practical action or protection now?****3. What can remain uncertain while you take one useful step?****4. What response will you try, and when will you review whether it helped?****Clinical use and adaptation**

Assess persistent impairment, panic, obsessive rituals, trauma reminders, and medical contributors when indicated. Do not treat discrimination or material insecurity as distorted thinking. Adapt the response to actual control and available support.