

## DESIGN YOUR ANXIETY CHARACTER!



Is your anxiety a person? An animal? A robot? Does your anxiety look like Ed? Get to know your worry a little better. Use the space below to draw the anxiety that speaks to you. Then, on the next page, start communicating with your anxiety by writing it a letter!

A large, empty rectangular box with a thick black border, intended for drawing the anxiety character. The box is oriented vertically and occupies most of the lower half of the page.

*Dear Anxiety*