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finally break free from
the worry and
ruminations that can
get in the way of
reaching your goals.

About the Author
Jennifer Shannon,
LMFT, is the author of
The Shyness and

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Social Anxiety

Workbook for Teens
and clinical director

and cofounder of the

Santa Rosa Center

for Cognitive-
Behavioral Therapy,
in Santa Rosa, CA.

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dating, getting good
grades

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to manage anxiety.

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and helpful stories
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from Anxiety and

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3. Explain how you
experience the feeling
of anxiety in your
body, mind, and

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emotions. 4. Explain what you do to manage anxiety when you feel it. 5. Describe how any or all of your responses may have changed over the course of your life.

Now ask yourself the same questions and record your answers here: 1. 2. 3. 4. 5.

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milestones such as
making friends,
dating, getting good
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