

# HOW I DEAL WITH...

1. When I am faced with a situation that causes me stress or anxiety, my physical responses are:

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2. When I am faced with a situation that causes me stress or anxiety, my emotional responses are:

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3. Some of the coping strategies I use to deal with stress/anxiety are:

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4. Overall, I think I handle stress/anxiety:

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5. What are some of the strategies that Harry uses in this chapter that help him manage his worries? Be specific.

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