

Table Activity: Choose a group leader to read off the following statements, and discuss your thoughts as to whether each statement is true or false.

1. Anxiety's main job is to keep you safe.
2. Feeling anxious can be harmful.
3. Feelings of anxiety eventually go away on their own, even if you don't do anything to get rid of the anxiety.
4. Most people don't feel anxious.
5. Everyone can tell when you're anxious.
6. If you get REALLY anxious you could lose control or go crazy.
7. Anxiety problems are common.
8. Having problems with anxiety means you're weak.
9. If you're a really anxious person, there's not much you can do change that.
10. Telling yourself to "relax" is a very effective way to deal with anxiety.

Answers: true, false, true, false, false, false, true, false, false, false