What's Me and What's Symptoms of Anxiety

This activity aims to think through the difference between your personality traits and the symptoms you experience. It may be difficult to distinguish, if you have been managing this illness for a while. However, it can be illuminating and separates you from overidentifying as an illness to cope. This may look like viewing all your problems, reactions, viewpoints, attitudes, and habits in order to cope. It is important to reflect and make the distinction that "I am not my illness. I am me, and I have this illness."

Questions to start with while doing this activity and check all that apply below:
- How am I when I am not experiencing symptoms?
- How do I usually relate to other people and does it change when I am symptomatic?
- How would others describe me when I am and am not having symptoms
- For additional traits check our "Character traits list" resource

Your personality traits	Your anxiety symptoms
____Reliable	____Overthinking or Indecisiveness
____Conscientious	____Avoidance
____Dependable	____Excessive worrying
____Indecisive	____Unable to sleep
____Assertive	____Panic attacks
____Open-minded	____Catastrophize
____Optimistic	____Always on edge or feel tense
____Sociable	____Racing thoughts or Restlessness
____Withdrawn	____Shortness of breathe
____Ambitious	____Nausea or Stomach pain
____Aloof	____Difficulty concentrating
____Critical	____Needing to go to the bathroom
____Intellectual	____Sweating
____Affectionate	____Loss of appetite
____Spirited	____Irritable
____Passive	____Feeling like brain shuts down
____Talkative	____Very critical of self
____Seeking novelty	____Dwelling on future and past events
____Other:	____All or nothing thinking
____Other:	____Other:
	____Other:

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Reflection: