What sets off your anxiety alarm? For each of the flames below, write something that makes you feel anxious, worried, or afraid.
My Anxiety Alarm

My Anxiety is like a fire alarm:

Fire Alarm
- Your home’s way of telling you there is danger (a fire!)
- Your fire alarm is a good thing because it helps keep you safe. When you hear the fire alarm, you know to leave the house.
- A fire alarm that goes off all the time, even when there’s no danger (like when you are baking cookies) is annoying and can keep you from having fun.
- If you don’t stop a broken fire alarm that is going off, it will run out of batteries and stop all by itself.

Anxiety Alarm
- Your body’s way of telling you there is danger (maybe a bear walking your way)
- Your anxiety alarm is a good thing because it helps keep you safe. When you feel your anxiety alarm, you know to get away from the danger.
- An anxiety alarm that goes off all the time, even when there’s no danger (like whenever you meet new people) is annoying and can keep you from having fun.
- Your anxiety alarm will stop going off all by itself if you face whatever is causing the anxiety instead of running away from it.

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