



The Anxiety Spectrum

Too Much	About Right	Too Little
<p>Avoiding all risk</p> <p>Unwilling to try new experiences</p> <p>Fearful of making mistakes</p> <p>Making excuses to avoid social events</p> <p>Dwelling on things that go wrong</p>	<p>Feeling nervous before new experiences</p> <p>Sometimes feeling shy</p> <p>Feeling uncomfortable over mistakes</p> <p>Rechecking things</p> <p>Thinking carefully before making decisions or taking risks</p>	<p>Acting without thinking</p> <p>Making same mistakes over and over</p> <p>Being over confident</p> <p>Often oblivious to other people's feelings</p> <p>Taking dangerous or inappropriate risks</p>

