

You will see these words used throughout this workbook as they are all things that make up anxiety and they can all be normal and healthy to feel at certain times in life. For example, most people will feel nervous at some point in their lives, such as when taking an exam, starting a new school, performing in a school play or going on a first date. It is normal to experience nerves in situations that are new to us or that mean a lot to us. It is also normal for us to worry about certain things at times, such as if a loved one is ill. And it is normal to experience fear when faced with a dangerous or life-threatening situation. In fact, fear is important when we face dangerous situations because fear triggers a series of temporary physical changes in our bodies to help us deal with the danger ahead.

Let's get in a time machine and travel back in time to see what I mean by this...

You've stepped out of your time machine into a world where humans live in caves and sabre-tooth tigers roam the Earth. It's one million years ago. It's the Stone Age. Not too far away from you and your time machine, there's a caveman doing his normal caveman-type things, such as searching for berries to go in a caveman-sized pie for dinner! Suddenly you realise a very vicious-looking creature is stalking the caveman, preparing to pounce. Before you can shout 'It's behind you!' in true pantomime style, the caveman turns around and comes nose to nose with a sabre-tooth tiger.

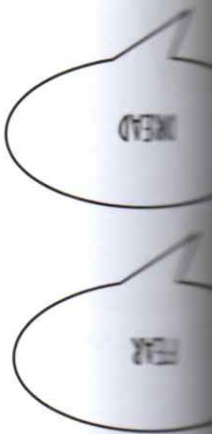
What do you think the caveman is thinking right at this point? Write an example in the thought bubble coming out of the caveman's



head below.

anxiety is.

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