

Do you avoid situations or things that you feel anxious about?

Do you often worry about worst case scenarios?

Do you worry a lot?

Does your heart race, do you find it hard to breathe or do you feel shaky, dizzy or sick when you get anxious?

Do you feel like you can't stop anxious thoughts going round and round in your head?

Do you worry about bad things happening when you are anxious?

Do you have rituals that you follow to try and get rid of anxious thoughts, such as checking something several times?

Do you feel like you have no control over how you react when you are anxious?

If you have answered 'Yes' to any of the above, then Starving the Anxiety Gremlin is here to help you!