



SELF-LEARNING ACTIVITY 2 - OBSERVING MY ANXIETY

OBJECTIVES

Identify one's own emotional, thought and physical processes in an anxious situation and identify advantages and disadvantages of this.

TIME REQUIRED

15-20 minutes.

NUMBER OF PEOPLE

Individual.

TECHNICAL REQUIREMENTS

Analytical and self-observation skills.

INSTRUCTIONS

1. Make a written record of the week and observe and record some (or several) everyday situations that involve a certain degree of anxiety, such as an argument with someone, an unforeseen event, arriving late, being scared of something, an exam, or some other type of assessment.
2. In the record, write the following:
 - Situation: describe the situation and the people involved.
 - Sensations: identify the physical symptoms generated in the situation and how they evolve.
 - Emotions: identify the emotions experienced in the situation.
 - Thoughts: Identify the thoughts and interpretation of the situation you are in at the time and after a while or days to be able to compare.
 - Try to draw conclusions about the possible advantages and disadvantages of having felt anxiety in that situation.

SELF-EVALUATION AND REFLECTION GUIDE

Can you find any patterns in your record?

- Do you find thoughts that repeat themselves?
- If you compare your interpretation of the facts at the time and when you review it later, do you find any differences? Does your reasoning change?
- Why is anxiety useful in times like those that you have recorded?

Anxiety often leads us to think and interpret reality differently than we do when we are calm. Our ability to experience anxiety can have advantages (it prepares us for action, it protects us from danger) and disadvantages (it biases our perception of reality, it makes us suffer unnecessarily, it can hinder us in accomplishing our objectives).