



EXERCISE 1 – ANXIETY SYMPTOMS

Anxiety symptoms can often be grouped into 3 categories.

1. Some symptoms are of the **somatic** or **physiological** type, which is those that are related to physical sensations, for example, shortness of breath, tightness in the chest, lightheadedness, etc.
2. Some symptoms are of the **cognitive** type (thought responses) and **affective** type (emotions), such as fear of having a heart attack, going crazy, feeling frightened, etc.
3. The **Behavioral** symptoms are to do with how you act and behave, for example: not going out, avoiding people or objects, going out only with people you are close to, etc.

INSTRUCTIONS

Write down your own and alternatively the symptoms of the client you are coaching below:

SOMATIC/PSYCHOLOGICAL	COGNITIVE/AFFECTIVE	BEHAVIORAL