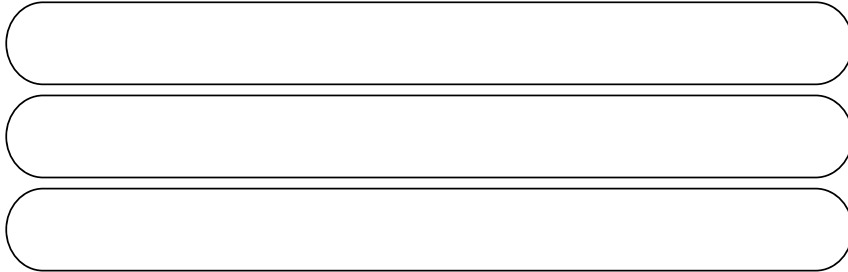


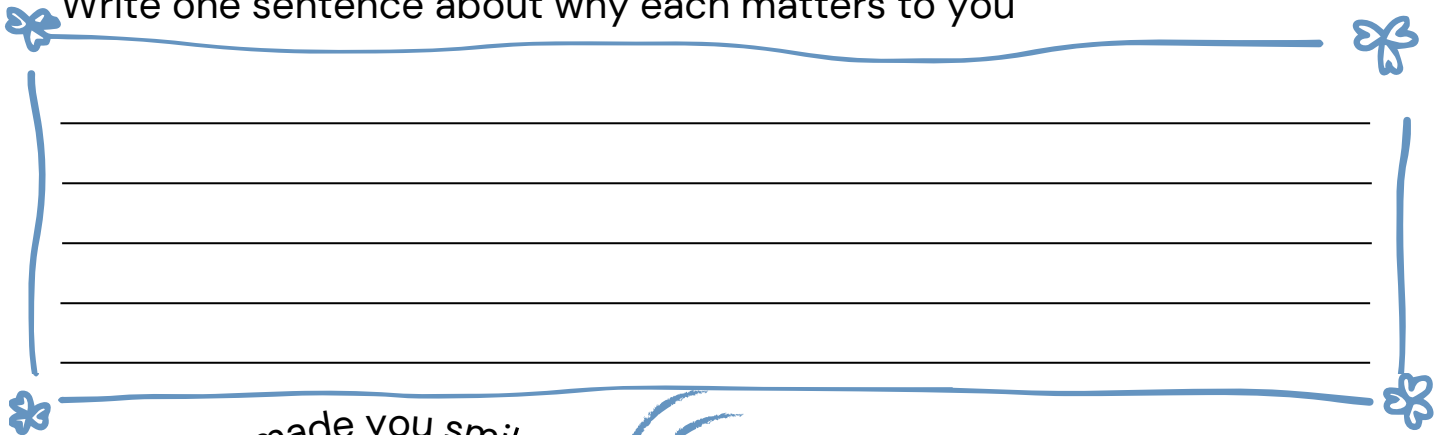
THE GRATITUDE PAUSE ANXIETY EXERCISE

An anxious mind often scans for danger. Gratitude helps retrain your attention to see safety, joy, and support that already exist in your life.

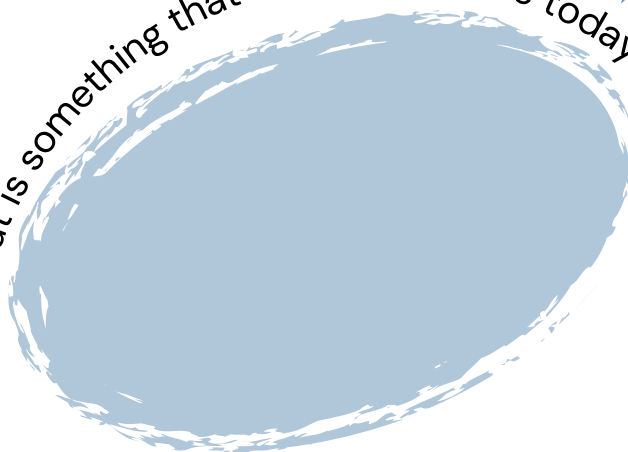
List 3 things you are thankful for right now.



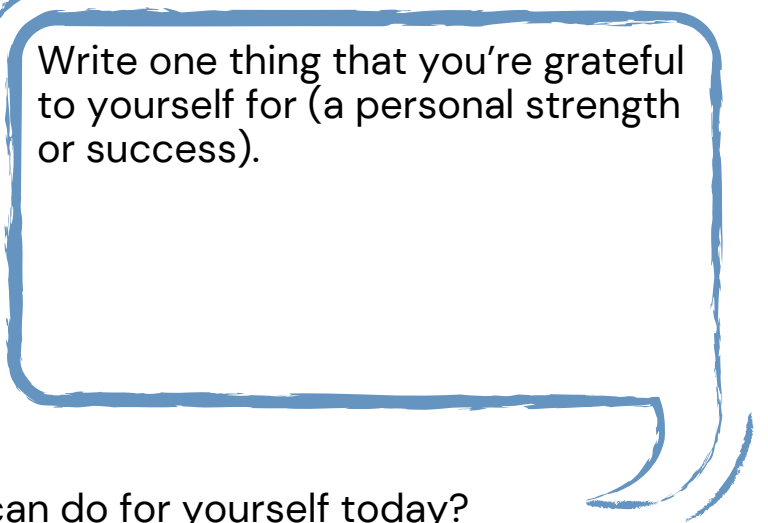
Write one sentence about why each matters to you



What is something that made you smile today?



Write one thing that you're grateful to yourself for (a personal strength or success).



What is one small thing that you can do for yourself today?



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