## Psychologische Praxis Petra Dahl, Am Flitschberg 3, 76855 Annweiler

Angstbeobachtung

| Angstbeobachti<br>Was denke ich? | Was fühle ich? | Was tue ich? | Was tue ich nicht? | Was hat geholfen? |
|----------------------------------|----------------|--------------|--------------------|-------------------|
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |
|                                  |                |              |                    |                   |