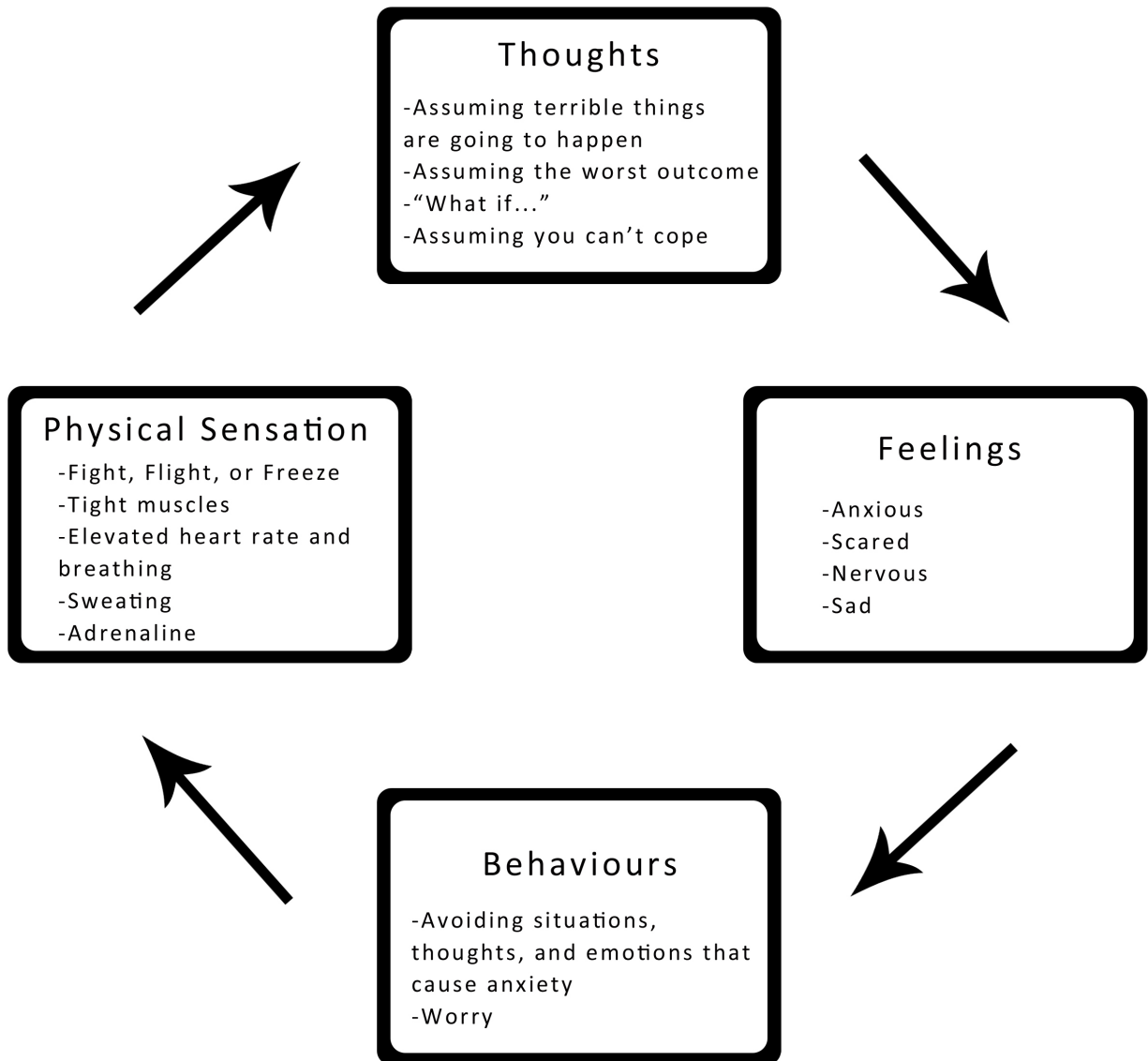


FREE CBT 2:

# The Cognitive Model for Anxiety



## Your Symptom Fingerprint

Use this blank copy of the cognitive model to reflect on how your anxiety “looks.” Fill in the different boxes to understand yourself.

