

PAST

RELATIONSHIPS

GOALS

STRENGTHS

ANXIETY

63

**SELF AWARENESS
QUESTIONS**

DESIRES

ANXIETY SUFFERERS

#ANXIETYGONE

DREAMS

WEAKNESSES

FRIENDSHIP

LOVE

PASSIONS

SELF

FUTURE

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Self Awareness Questions: You

Choose 5 words to describe yourself

Choose 5 words you think other people would use to describe you

What quality do you love the most about yourself?

What feature do you love the most about yourself?

List 3 things that make you unique

Has your personality changed since you were a child? If so, how and why do you think it has changed?

What is your biggest weakness?

What is your biggest strength?

What is your favourite thing to do?

What is your biggest fear?

Do you live your life more by intuition or logical analysis?

Is your personality like your parent(s)? If so, how?

What would your ideal "you" be like?

What type of person do you want to be?

What do you value? Add a little bit of body text

Self Awareness Questions: Your Goals

What is your biggest dream?

What is your biggest goal at this moment?

What does it mean to you to achieve your goals?

What defines success?

What type of hurdles are in the way of you achieve your goals?

List the things you find most important (family, friends, career, love, money, health, etc.)

Now, write down how much time to spend on each of the things listed in the prior

If you notice you spend a lot of time on something you don't find very important, set three goals to re-prioritize

What advice would you give to yourself as a child?

What advice would you give to children today?

Where do you see yourself in 5 years?

What's your biggest success to date?

What's your happiest memory?

What's your youngest memory?

List 5 things you can't live without

List 5 things you could live without

Self Awareness Questions: Your Relationships

What is your ideal relationship?

Rank the importance of your relationships (friends, family, acquaintances, boyfriend/girlfriend, co-workers, strangers, self)

Do you treat others better than you treat yourself?

Are you satisfied with your current relationship status?

Why?

Name one person you love or have loved the most?

What is it that you love(d) so much about that person?

Describe the best moment you've ever had in a relationship

Describe the worst, most devastating moment you've ever had in a relationship

How did you overcome that situation?

What type of friend do you want to be?

What type of girlfriend/boyfriend do you want to be?

Do you give second chances?

Self Awareness Questions: Your Anxiety

What is your biggest "what if"?

What relaxes you the most?

What stresses you out the most?

What triggers your anxiety?

What makes you sad?

What makes you angry?

What makes you happy?

Are you more scared of the anxiety attack or the perception of others if you have an attack?

How do you currently feel about your mental illness?

Do you feel like you're missing out on things because of your anxiety? If so, what?

Do you believe every thought you have?

How do you cope with anxiety?

How do you cope with change?

Are you living for yourself?

What do you want out of this life?

What does self-love mean to you?

What's the first word you think of when you hear, "anxiety"?

What's the first word you think of when you hear, "panic attack"?

Why do you get out of bed every day?