



List **10 things** that make you feel nervous or uncomfortable. Share why you think it makes you nervous or uncomfortable. Be specific and descriptive, for example:

1. Walking alone on the unlit sections of the river path after dark	I worry about who I will encounter
2. Driving my small car next to semi trucks on I5	I experience a fear of being crushed

What makes you nervous?

Why do you think it makes you uncomfortable?

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

What are some strategies you use to navigate these sources of discomfort?