



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.	

