

## Anxiety Workbook: Reflective Essay Draft Worksheet (Quiz Grade)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Essay Prompt:

How/What did you find strategies or ideas in The Anxiety Workbook either found very useful and relevant to yourself, your experiences and opinion, or found very irrelevant/distant to your experiences?

### Step 1: Reflection Sentence (Working Thesis Statement)

Write one sentence that captures what The Anxiety Workbook taught you about yourself or about dealing with stressful situations. Include whether the workbook felt relevant or irrelevant to you and why.

*Example 1: Reading The Anxiety Workbook made me recognise the physical manifestations of anxiety and how to step back from stressful moments can really help me stay calm, even though I don't always think of myself as an anxious person.*

*Reasons - 1. I tend to get very restless when under a lot of stress, 2. I don't always know how to take a break from work or other responsibilities, 3. I have a tendency to shake my leg when I'm nervous*

*Example 2: Working with The Anxiety Workbook helped me recognise that I don't experience anxiety like many other people may, which makes me think that I have healthy strategies of my own that help me cope with stressful situations.*

*Reasons - 1. I'm able to openly talk to my friends and parents when juggling multiple responsibilities, 2. I made space for myself and allow myself to take breaks, 3. I consciously make time during the week to do something fun and relaxing*

### My reflection sentence:

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### Your reasons for your reflection sentence (can be less than 3)

- 1.
- 2.
- 3.



### Step 3: Body Paragraph — Connecting Workbook Ideas to Your Experience(s)/Ideas

Goal: *Summarise key ideas or strategies from the chapters you selected, then connect them to your personal experiences or opinions.*

<p>Summarise your selected chapters in 2-3 lines. Try to identify a common idea/ strategy/ connecting factor in these chapters</p>	<p>My Connection / Experience/ Opinion</p> <ul style="list-style-type: none"><li>- Highlight one experience / moment that you want to talk about in relation to these chapters</li></ul> <p>OR</p> <ul style="list-style-type: none"><li>- State your opinion on these chapters and how it may or may not be relevant to you</li></ul>
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Did any of the strategies or ideas in the workbook help you? Why or why not?

## **Step 4: Reflection Check**

Before finishing your draft, ask yourself the following:

- Did I explain what The Anxiety Workbook taught me or made me realize?
- Did I include my opinion on whether it was relevant or not?
- Did I connect the workbook's ideas to a real example or thought?
- Did I explain why the strategies did or didn't work for me?

## **Step 5 (Optional): Closing Thought**

If you have time, add one sentence for your conclusion: What lasting thought or message do you want to leave the reader with about your experience with the workbook?

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