

Anxiety Reading Guide

A. Chapters 1–4 as an introduction to *Mind Over Mood*.

B. Chapter 14 to learn more about anxiety and make your Fear Ladder.

C. Chapter 5 to set goals and identify personal signs of improvement that are meaningful to you.

D. Chapter 11 to learn how to use behavioral experiments as you move up your Fear Ladder.

E. Chapter 10 to learn either to solve problems in your life with Action Plans, or to develop an attitude of acceptance for problems that can't be solved.

F. Chapter 13 if you also struggle with depression; Chapter 15 if you experience difficulties with anger, guilt, or shame.

G. Chapters 6–9 and 11 to help with other mood and life issues once your anxiety improves.

H. Chapter 16 to help you make a plan to continue to feel better over time.