

# COGNITIVE BEHAVIORAL THERAPY FOR ANXIETY

*A SURVIVAL GUIDE*

*art by mariangela.co.uk/*



## THOUGHTS

I'm useless, I'm a failure

## BEHAVIOUR

Withdraw,  
isolate

## FEELINGS

Low, upset

## IN THIS GUIDE:

- What is CBT and How it Works
- Why Anxiety is so Powerful
- How CBT Understands Anxiety
- How CBT Tackles Anxiety
- When CBT can be Helpful with Anxiety
- What Happens in CBT Sessions
- When you need CBT for Anxiety



# Manual For Group Cbt For Anxiety

**KJ Lindholm-Leary**



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