

**ANXIETY: USING DEPTH  
PSYCHOLOGY TO FIND  
A BALANCE IN YOUR LIFE**  
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*Interactive Worksheet*

## INTERACTIVE SHEET FOR NOTES

*Reading alone won't help you understand the actionable notes. You need to engage with the content. Answer the question below (just type inside the boxes) to outline your future steps:*

1. What is your personality type from the four mentioned?

2. How can you use the information in your favor?

3. What are you afraid of and why?

4. Describe what you feel when you're afraid:

5. What can you do to confront your fears?