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| **Feelings**  Here are some common emotions that people who know Mr. Anxiety feel:  **EMBARRASSED**: foolish, humiliated, self-conscious  **ANXIOUS**: worried, panicky, nervous, frightened  **INFERIOR**: worthless, inadequate, defective, insecure  **LONELY**: unloved, unwanted, rejected, alone, abandoned  **HOPELESS**: discouraged, pessimistic, defeated  **ASHAMED**: remorseful, bad, guilty  **SAD**: blue, depressed, down, unhappy  **FRUSTRATED**: stuck, defeated  **JEALOUS**: envious, distrustful  **CONFUSED**: befuddled, confounded, lost  **HURT**: wounded, upset, injured  **DISAPPOINTED:** let down, disillusioned, disheartened  **ANGRY**: mad, resentful, annoyed, irritated, upset, enraged |  |  | tfa8 |
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| tfa7 |  |  | **Thoughts**  Thoughts that go through our minds when we are presented with our own anxiety triggers are often called automatic thoughts, because they are ingrained in our brains and happen without us even thinking about them.  **Action**  When people face situations that make them anxious, avoidance is the most common action they take. Avoidance prevents the thing that they are afraid will happen from happening. The actions we take when faced with anxiety can cause us to feel isolated, discouraged, and sad. |
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