Challenging thinking

TRUE

Experiencing anxiety is different from feeling worried.

Everyone has feelings of worry at some point in their life, which are often directed towards a specific situation and for a limited period of time. For example, you may feel worried about sitting an exam.

Whereas experiences of anxiety can often be over an extended period of time, accompanied by physical symptoms and often not defined to one specific concern. Anxiety is the main symptom of several conditions, including panic disorder, phobias, post-traumatic stress disorder and social anxiety disorder (social phobia).