Psychology 02-03-2020 Monday Writing Prompts

Entry Task Prompt:
Do you feel your generation has more anxiety than previous generations? Why or why not?

Prompt 1:
What can anxiety be defined as?

Prompt 2:
How can anxiety be a good thing?

Prompt 3:
What are the triple vulnerabilities?

Prompt 4:
What are biological vulnerabilities?

Prompt 5:
What are psychological vulnerabilities?

Prompt 6:
What are specific vulnerabilities?

Prompt 7:
How are “worries” different for those with GAD?