



**FAVORITE COLOR:** DO I HAVE  
TO CHOOSE ONE?

**FAVORITE FOOD:** BREAD

**WHAT I'M LIKE:** QUIET,  
CONCERNED

**THINGS I LIKE TO DO:**  
WATCH CLOUDS FLOAT BY

## I'm Worried.

Worried is feeling a bit anxious about joining the DBSA Mood Crew. What if something goes wrong? If there is one thing you should know about Worried, it is that she spends a great deal of time thinking, or as Worried's therapist would say, overthinking. Worried found out about DBSA Mood Crew through her friend Scared, who said, "If I'm joining this thing, you can too!"



Depression and Bipolar  
Support Alliance

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