



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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