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!”

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