

Observing is

important, to the

point that we all

do it, whether we

are mental health

Anxiety is a feeling of fear, worry, or unease

How to tell the

difference. Fear

and anxiety both

produce a similar

stress response

Anxiety but fear as well

Does

Observational

same as a pure

imitation of

learning is not the

another behavior.

What behavior have we observed? What can we imagine them doing?



**Thinks** 



