



# ANXIETY WORKSHEET

BEING AFRAID OF THINGS GOING WRONG ISN'T THE WAY TO MAKE THINGS GO RIGHT

1. FEEL YOUR FEELINGS. *Describe how you're feeling below:*

I'm feeling \_\_\_\_\_

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2. ACKNOWLEDGE THE FEAR. *Sum up your answer from #1 in one word:*

I'm feeling \_\_\_\_\_ and that's OK.

3. IDENTIFY THE ROOT CAUSE. *Why do you feel that way?*

I'm feeling \_\_\_\_\_ because \_\_\_\_\_

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*(keep digging)*

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4. PUSH THROUGH THE PAIN. *Fill in the blanks.*

I don't want to feel \_\_\_\_\_. I want to feel \_\_\_\_\_

5. OVERCOME THE ANXIETY. *What would you do if you weren't afraid?*

I would \_\_\_\_\_

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*Now go do it!*