

BREAKING FREE ANXIETY RECOVERY WORKSHEETS



20 Printable Tools
for Healing, Support,
and Hope

REMEMBER:

Healing is possible.
Small steps still matter.
Be gentle with yourself.
One day at a time.

A practical collection for worry awareness,
daily recovery, self-care, relapse prevention,
support, and healing.

*“One decision can change your life.
Make today Day One.”*

• 20-PAGE PACKET •

Created by R. Miller

Educational support — not medical or mental-health treatment.

Breaking Free Recovery & Hope

— breakingfreefromgambling.com —



WORKSHEET CONTENTS

*Tools for awareness. Steps for healing.
Hope for recovery.*

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TRIGGER TRACKER

WORRY & TRIGGERS

Notice the people, places, emotions, times, and situations connected to anxious feelings or spiraling worry.

REMEMBER:

Awareness is
the first step.
What you notice,
you can change.
One small step
today.

1 What happened right before my anxiety increased?

2 Where was I and who was present?

3 What thoughts or body sensations showed up?

4 How high did my anxiety feel from 0–10?

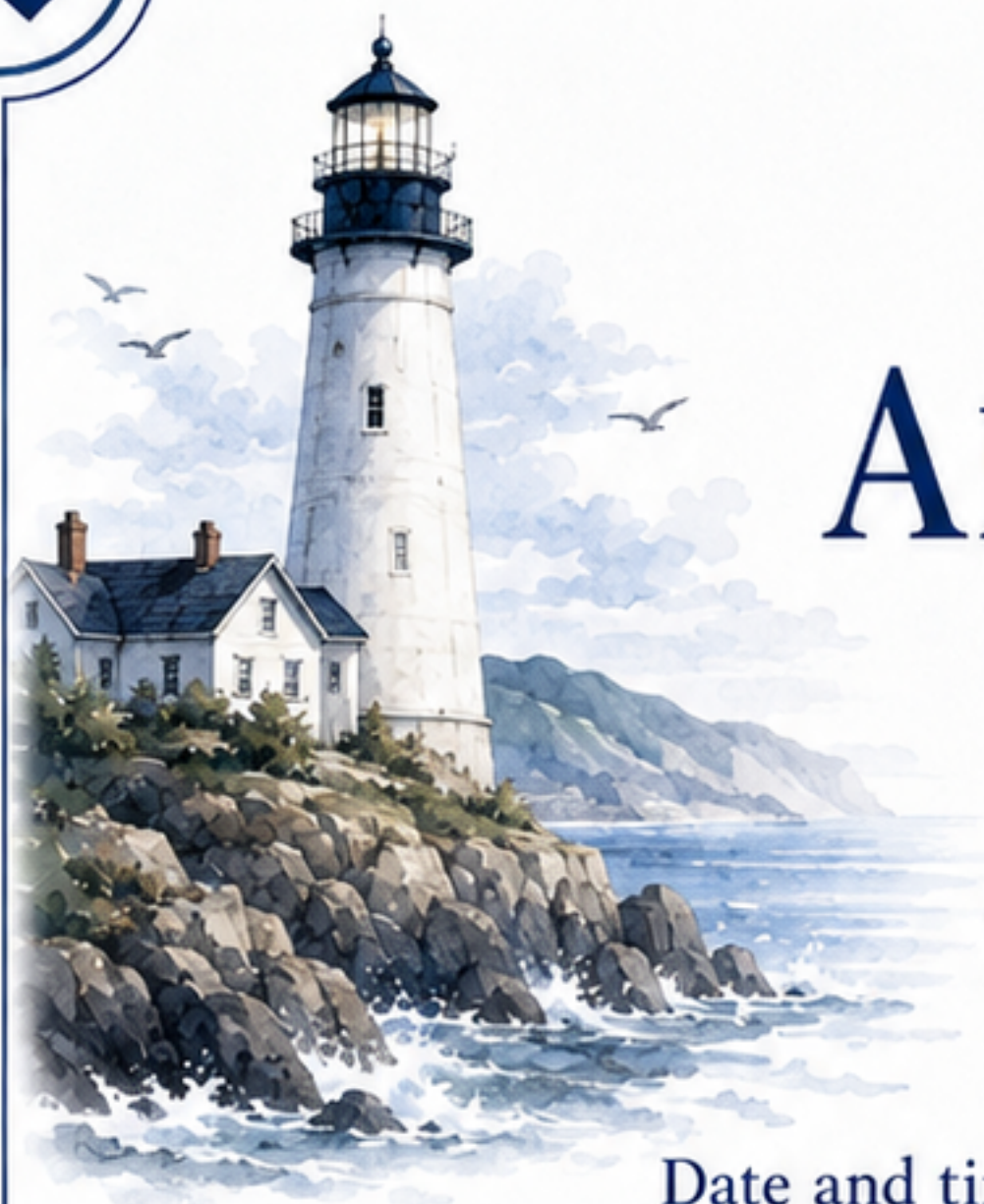


My anxiety level: _____

5 What did I do next?

6 What could help next time?





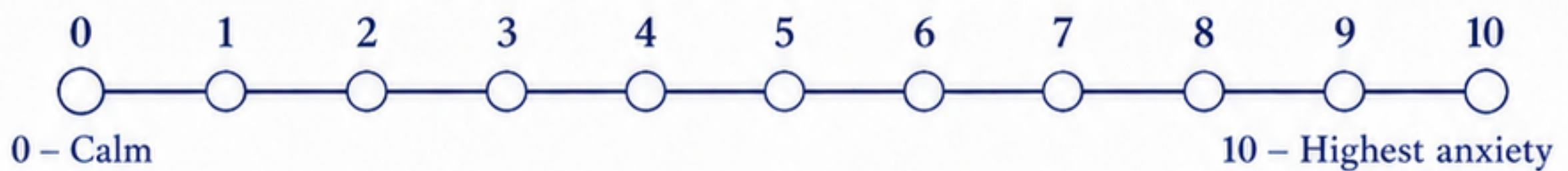
DAILY ANXIETY CHECK-IN

• WORRY & TRIGGERS •

Record your anxiety level, what happened, what helped, and what you learned.

Date and time: _____ AM / PM

ANXIETY LEVEL FROM 0-10



♥ Trigger or situation: _____

♥ Thoughts and body sensations: _____

♥ Coping action used: _____

♥ What helped most? _____

♥ What did I learn? _____

REMEMBER:

One moment of awareness can change your day.
Your feelings matter. Be gentle with yourself.





ANXIETY EMERGENCY SUPPORT PLAN

• WORRY & TRIGGERS •

Create a step-by-step plan for moments when anxiety feels overwhelming.

1 MY EARLY WARNING SIGNS



2 THREE PEOPLE I CAN CONTACT

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____



3 PLACES OR SPACES WHERE I FEEL SAFER



4 WAYS I WILL REDUCE OVERWHELM OR OTHER HIGH-RISK SITUATIONS



5 ACTIONS I WILL TAKE DURING THE FIRST 20 MINUTES

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____



6 EMERGENCY OR CRISIS CONTACTS

Crisis Text Line: _____

988 Suicide & Crisis Lifeline: _____

Local crisis line: _____

Emergency contact: _____

Other contact: _____



MY SUPPORT STATEMENT

I choose safety. I choose support. I choose one small next step.

REMEMBER:



Pause.

Breathe.

Reach out.

You do not have to
carry this alone.



GROUNDING THROUGH ANXIOUS MOMENTS

Practice noticing, breathing, and reconnecting when anxiety feels intense.

REMEMBER:

Healing is possible.

Small steps
still matter.

Stay with
this moment.

1.

What triggered the anxious moment?

2.

What do I feel in my body?

3.

What thoughts are here right now?

4.

Anxiety level at the beginning



My anxiety level: _____

5.

What grounding or calming practice did I use?

6.

Anxiety level after 10–20 minutes



My anxiety level: _____

7.

What did I notice about the anxiety changing?

Feelings can shift. Small actions can help.
I can stay with myself through this moment.





DAILY RECOVERY PLANNER

*Plan support, manageable activities,
responsibilities, and a calmer evening.*



REMEMBER:



Small steps
matter.

Today is enough.

You are worthy
of care.



1

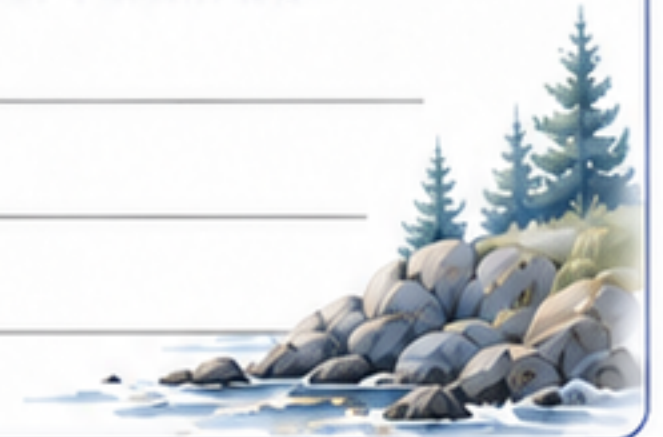
TODAY'S TOP THREE PRIORITIES

1. _____
2. _____
3. _____



2

ONE HEALTHY ACTIVITY OR
GENTLE MOVEMENT I WILL DO



3

PEOPLE OR SUPPORTS
I WILL CONNECT WITH



4

ONE MEAL, SNACK, OR BASIC NEED
I WILL NOT SKIP TODAY



5

POSSIBLE TRIGGERS TODAY



6

MY PLAN FOR THE HARDEST
PART OF THE DAY



7

ONE KIND THING I WILL DO FOR MYSELF TONIGHT





⚓ DAILY RECOVERY ⚓

WEEKLY RECOVERY REVIEW

*Reflect on wins, setbacks, triggers,
and priorities for the coming week.*

REMEMBER:



Progress is still
progress.

Keep showing up
for yourself.

Small changes
count.



1 MY BIGGEST WIN THIS WEEK



2 A DIFFICULT MOMENT AND HOW I RESPONDED



3 TRIGGERS I NOTICED



4 WHAT HELPED ME STAY ON TRACK

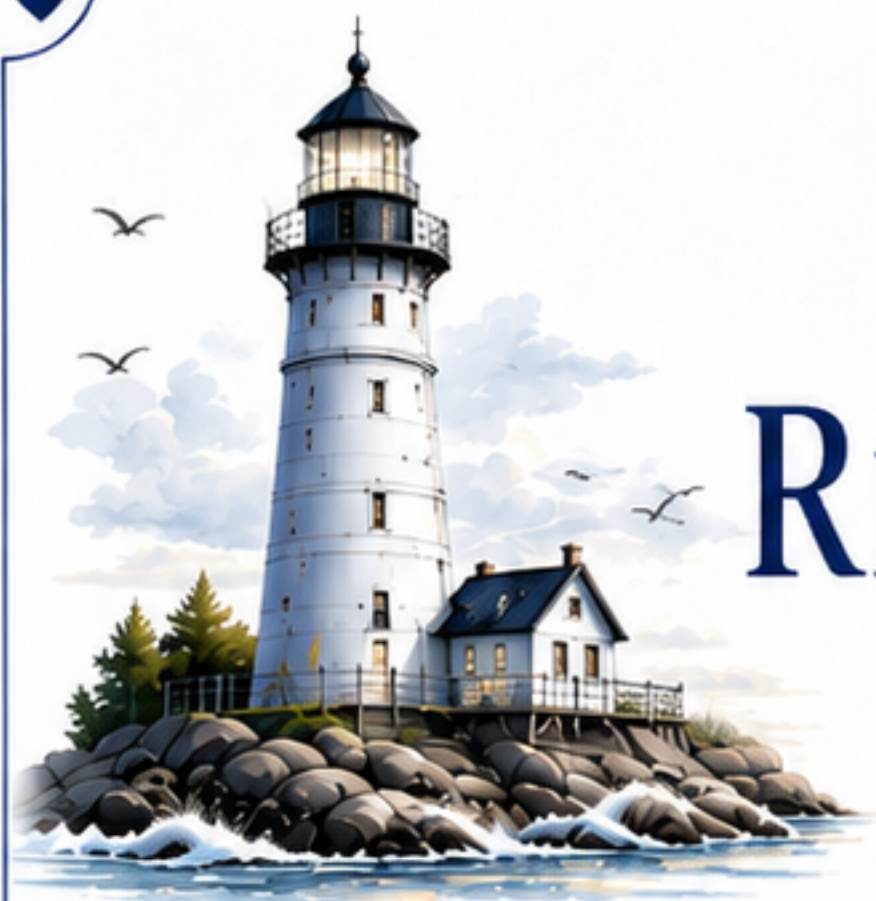


5 WHAT NEEDS MORE ATTENTION



6 MY MAIN GOAL FOR NEXT WEEK





⚓ DAILY RECOVERY ⚓

MONTHLY RECOVERY REVIEW

*Track longer-term patterns and
recognize meaningful progress.*

REMEMBER:



Small steps
create change.

Be kind to yourself.

You are healing.



1

Progress I am proud of this month



2

Patterns I noticed in anxiety, worry, or body symptoms



3

Relationships or responsibilities that improved



4

What was hardest this month?



5

Support I need next month



6

My next-month focus



Consistent reflection can lead to
lasting change. Keep showing up
for your future.



REMEMBER: ♥

Small steps create change.

Be kind to yourself.

You are healing.



RECOVERY MILESTONE REFLECTION

*Honor important milestones
with honest reflection and
renewed commitment.*

REMEMBER:

Look back
with compassion.

Stay present
with purpose.

Keep moving
forward
with hope.

1. MILESTONE REACHED AND DATE

Milestone: _____ Date: _____

2. WHAT HAS CHANGED SINCE I BEGAN?



3. WHAT HELPED ME REACH THIS POINT?



4. WHAT AM I MOST PROUD OF?



5. WHAT RISKS STILL NEED ATTENTION?



6. HOW WILL I CELEBRATE SAFELY?



7. MY COMMITMENT FOR THE NEXT MILESTONE



