



# ANXIETY TRIGGER WORKSHEET

*Louize* CLARK

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## What is the Anxiety Trigger Worksheet?

The Anxiety Trigger Worksheet is a practical tool designed to help individuals identify and understand the specific situations, thoughts, or feelings that trigger their anxiety. By recognising these triggers, you can begin to develop strategies to manage your anxiety more effectively.

## How to Use the Worksheet

- **Identify the Situation:** Whenever you feel anxious, take a moment to note down the situation or context. It could be a specific event, a thought about the future, or even an everyday task.
- **Describe Your Thoughts:** Write down what was going through your mind when you felt anxious. These thoughts often influence how we feel and react to situations.
- **Note Physical Sensations:** Anxiety isn't just felt mentally; it manifests physically too. Record any sensations you experienced, such as a racing heart, sweating, or trembling.
- **Rate Your Anxiety Level:** On a scale of 1 to 10, rate how intense your anxiety was. This helps in understanding the severity of your reaction to different triggers.
- **Reflect and Analyse:** Use the worksheet to look for patterns over time. Which situations trigger your anxiety the most? What thoughts are recurrent? Understanding these patterns is key to managing your anxiety.

## Benefits of Using the Anxiety Trigger Worksheet

- **Increased Self-Awareness:** Regularly recording your anxiety triggers and reactions helps increase your awareness of your emotional and physical responses to stress.
- **Identifies Patterns:** Over time, you'll begin to see patterns in what triggers your anxiety. This knowledge is powerful in predicting and preparing for situations that might cause anxiety.
- **Empowers Coping Strategies:** By understanding your triggers, you can work on specific coping strategies that address these situations or thoughts directly.
- **Encourages Mindfulness:** The act of filling out the worksheet encourages you to be present and mindful of your thoughts and feelings, rather than being swept away by them.

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MY GOAL:

DATE

SITUATION

*eg, before a presentation*

THOUGHTS

*I'm gonna fail*

PHYSICAL  
SENSATIONS

*Heart racing*

ANXIETY  
LEVEL

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