



Anxiety Worksheet

Anxiety is a natural response to stress or uncertainty, but it can become overwhelming if left unaddressed. This worksheet will guide you in identifying your triggers, understanding your feelings, and developing strategies to manage anxiety.

Step 1: Identify Your Triggers

- 1. What situations or events typically cause you to feel anxious? (e.g., social settings, deadlines, uncertainty)**

- ☐ _____
- ☐ _____

- 2. Are there specific thoughts or worries associated with these situations?**

- ☐ _____
- ☐ _____

Step 2: Recognize Physical Symptoms Anxiety often manifests physically. Identifying these symptoms can help you respond early.

- 1. What physical signs do you notice when you feel anxious? (e.g., rapid heartbeat, sweating, tension)**

- ☐ _____
- ☐ _____

- 2. How do these symptoms impact your daily life?**

- ☐ _____
- ☐ _____
- ☐ _____



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Step 3: Challenge Anxious Thoughts Anxious thoughts can amplify fear. Challenging them can reduce their intensity.

1. Write down a recent anxious thought:

- _____

2. Ask yourself:

- Is this thought based on facts or assumptions?

- _____

- What evidence do I have to support or refute this thought?

- _____

- Is there a more balanced or positive perspective?

- _____

Step 4: Practice Coping Strategies Managing anxiety involves using techniques that calm your mind and body.

1. Deep Breathing Exercise:

- Inhale deeply for a count of 4.
- Hold your breath for a count of 4.
- Exhale slowly for a count of 6.
- Repeat 5 times.

2. Grounding Technique:

- List 5 things you can see:

- _____

- List 4 things you can feel:

- _____

- List 3 things you can hear:

- _____



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- List 2 things you can smell:

- _____

- List 1 thing you can taste:

- _____

3. Other Coping Strategies You Use:

- _____

- _____

Step 5: Create an Anxiety Action Plan Develop a plan to manage anxiety when it arises.

1. When I feel anxious, I will:

- _____

- _____

2. I will reach out to these people for support:

- _____

- _____

3. I will use the following calming techniques:

- _____

- _____

Step 6: Reflect on Progress

1. What have you learned about your anxiety through this exercise?

- _____



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2. Have you noticed any improvement in managing your anxiety? If so, how?

○ _____

3. What additional steps can you take to continue reducing anxiety?

○ _____

Additional Resources

- **Meditation or mindfulness apps**
- **Journaling to explore thoughts and feelings**
- **Physical exercise to release tension**
- **Professional therapy or counseling**

Remember: Anxiety is manageable, and you are not alone. Use these strategies consistently to build resilience and regain control over your emotions.

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