

My Anxiety Circle of Concerns

A BroknOpen worry-mapping worksheet

Anxiety can show up in many areas of life. Use this circle to identify the situations, people, or themes that tend to trigger worry or overwhelm for you.

Write freely in each section—there are no right or wrong answers.



WHAT WORRIES ARE IN MY CONTROL? ♥



WHAT SUPPORT OR NEXT STEP WOULD HELP MOST RIGHT NOW? ♥



Naming it can make it feel less overwhelming. ♥