

How Anxiety Shows Up

A BroknOpen self-check-in worksheet

Anxiety can show up in many ways—through our thoughts, feelings, and bodies. Noticing your patterns is an important first step toward understanding what you need. This self-check-in can help you respond with more support and less self-judgment.

RATE EACH SYMPTOM
TODAY

0 = Not at all

1 = Mild

2 = Moderate

3 = Severe

4 = Extreme



EMOTIONAL SYMPTOMS

- intense fear or dread 0 1 2 3 4
- feeling tense or jumpy 0 1 2 3 4
- restlessness 0 1 2 3 4
- irritability 0 1 2 3 4
- catastrophizing 0 1 2 3 4
- racing thoughts 0 1 2 3 4
- overthinking 0 1 2 3 4
- difficulty concentrating 0 1 2 3 4
- heightened alertness 0 1 2 3 4
- feeling the need to escape 0 1 2 3 4
- dissociation / feeling disconnected 0 1 2 3 4
- other (please describe): 0 1 2 3 4



PHYSICAL SYMPTOMS

- pounding or racing heart 0 1 2 3 4
- fast or heavy breathing 0 1 2 3 4
- dry mouth 0 1 2 3 4
- sweating 0 1 2 3 4
- shortness of breath 0 1 2 3 4
- trembling or twitching 0 1 2 3 4
- headaches 0 1 2 3 4
- fatigue 0 1 2 3 4
- sleep disturbances 0 1 2 3 4
- changes in appetite 0 1 2 3 4
- upset stomach / nausea 0 1 2 3 4
- other (please describe): 0 1 2 3 4



REFLECTION

- How many symptoms felt severe or extreme? _____
- How are these symptoms affecting your daily life right now?

- What questions do you have about the anxiety you're experiencing?



Awareness is not weakness. It's information. ♥