**Anxiety Breakdown**

**What is triggering my anxiety? (step back through the events of your day)**

|  |
| --- |
|  |

**What are some of the thoughts that I am having?**

|  |
| --- |
|  |
|  |
|  |

**How is my body responding? (are you tense?)**

|  |
| --- |
|  |

**What is the worst thing that can happen?**

|  |
| --- |
|  |

**What do I have in my control to keep this from happening?**

|  |
| --- |
|  |

**What can I do to calm my body down?**

|  |
| --- |
|  |

**What are positive thoughts to calm my mind?**

|  |
| --- |
|  |

**What are some other things I can do to cope if I start to feel anxious again?**

|  |
| --- |
|  |
|  |
|  |