



ANXIETY TRIGGER CHECKLIST



Here is a list of everyday anxiety triggers. First, tick the ones that apply to you. Then, feel free to talk about any, not on the list.

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|--------------------------|-------------------------|--------------------------|--|
| <input type="checkbox"/> | Being left alone | <input type="checkbox"/> | Going to new places |
| <input type="checkbox"/> | Thinking about the past | <input type="checkbox"/> | Large crowds |
| <input type="checkbox"/> | Watching scary shows | <input type="checkbox"/> | Getting in trouble |
| <input type="checkbox"/> | School | <input type="checkbox"/> | Homework |
| <input type="checkbox"/> | Going to the doctors | <input type="checkbox"/> | Loud noises |
| <input type="checkbox"/> | Public speaking | <input type="checkbox"/> | Certain animals |
| <input type="checkbox"/> | Parents fighting | <input type="checkbox"/> | Watching the news |
| <input type="checkbox"/> | Birthday parties | <input type="checkbox"/> | Doing a performance in front of others |
| <input type="checkbox"/> | Playing sport | | |
| <input type="checkbox"/> | Large open spaces | <input type="checkbox"/> | Making new friends |
| <input type="checkbox"/> | Being sick | <input type="checkbox"/> | Going in a lift |
| <input type="checkbox"/> | Violence | <input type="checkbox"/> | Not knowing what the plans are for the day |
| <input type="checkbox"/> | The dark | | |
| <input type="checkbox"/> | Sleeping on my own | <input type="checkbox"/> | Being left out |
| <input type="checkbox"/> | Trying new food | <input type="checkbox"/> | Surprises |



Coping skills that help with my anxiety