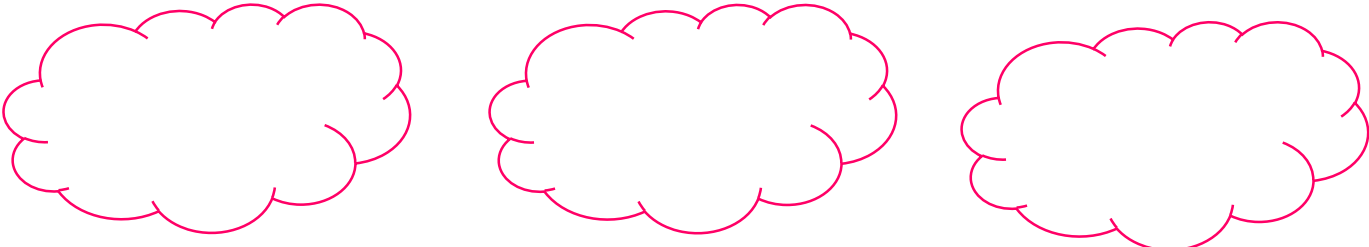


Anxiety Discovery Worksheet

What is triggering my anxiety?

What are some of the thoughts I'm having about the triggering event?



How is my body responding?

What is the worst thing that can happen?

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

What are some positive things that have come from the triggering event?
