



Anxiety Source Worksheet

Use the following worksheet to help you identify the source(s) of your anxiety. Your answers to these questions will help you identify the source(s) of your anxiety. Once you know the source(s), you can develop a plan to manage your issues and relieve your anxiety.

How stressed do you feel? Using a scale of 1-10, with 1 being the lowest and 10 being the highest, rank your stress level.

Do you feel like you have too much going on?

Are you attempting to multitask and feeling ineffective? Are you not coping well with the demands on your time?

Do you feel overwhelmed and exhausted? Are you trying to handle too many things (home, family, work, etc.) at the same time?

Are you concerned about your financial situation?

If you are in a relationship, is it stable and solid or is it unstable and causing problems?

Do you feel like you are emotionally stable? Or are there issues from your past or in your present such as hurt, anguish, anger, frustration, grudges, resentment, and bitterness that you think about regularly that cause pain?

Are you grieving a loss of a person or situation?

Have you experienced any recent major life changes? If so, what are they and how do you feel about them?

Are you generally happy with your life overall, including family, relationships, general environment? If not, what areas are you not happy with?

Do you feel like you are in control of your life or is something or someone else controlling you?

Are you sleeping well?

Is your diet balanced and healthful?

Do you exercise regularly?

Are you able to forgive people who have hurt you or do you hold grudges and fantasize about revenge?

Are you alone? Or do you feel alone or isolated even when you are with others?

Are you achieving your goals?

Are your hormones balanced?

Do you feel connected within yourself—mind, body, spirit?

Are you grounded by and connected with the Holy Spirit?

Review your answers to identify and prioritize the areas you need to work on. Some might be simple and quick to address; others will take more time and effort. As you make progress, update your answers on the worksheet.

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