ANXIETY WORKSHEET -

| 1) THINGS THAT TRIGGER MY ANXIETY ARE: | |
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| 2) PHYSICAL SYMPTOMS I EXPERIENCE ARE: | |
| 3) THOUGHTS I HAVE WHEN FEELING ANXIOUS ARE: | |
| 4) WHEN I FEEL ANXIOUS, I WILL USE THESE COPING SKILLS: | |
| 5) I WILL REPLACE MY NEGATIVE THOUGHTS WITH THESE POSITIVE THOUGHTS: | |