

Anticipatory Anxiety Worksheet

Patient's Name:

Date:

Trigger for Anticipatory Anxiety:

Anxious Thoughts and Concerns

- 1.
- 2.
- 3.
- 4.

Identified Cognitive Distortions

- 1.
- 2.
- 3.

Challenging Negative Thoughts

- Take each identified cognitive distortion and reframe it with more rational and balanced thoughts:

Goals for Managing Anticipatory Anxiety

1. Short-term Goal:
 - Steps to Achieve:
 - Deadline:

2. Long-term Goal:

- Steps to Achieve:

- Deadline:

Relaxation Techniques

- Practice the following relaxation exercises regularly
 - Deep Breathing:
 - Progressive Muscle Relaxation:
 - Mindfulness Meditation:

Action Plan:

- 1.
- 2.
- 3.

Progress Tracking

Regularly review your progress and make adjustments to your action plan as needed. Note any changes in your thoughts, feelings, or behaviors related to anticipatory anxiety.

Additional Notes and Comments