

# 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**