

Anxiety Workbook

Activity: Anxiety Preparation

Client Information

Name: _____

Date of Birth: _____

Gender: _____

Address: _____

Phone Number: _____

Email Address: _____

Date of Consultation: _____

When you are going into a situation that you know will cause you to feel anxious, it can be really helpful to be prepared. Before you step into the situation, there could be helpful things you can say or do to help you cope if you feel triggered.

What is the situation why might I get anxious?

How have I handled the situation before?

How can I prepare?

How will I know I'm feeling triggered?

What coping skills can I use?