

# Anxiety Worksheet

Name	Date
<b>Situation:</b> Describe the situation that spiked your anxiety	
<b>Anxious Thoughts:</b> What were your automatic thoughts at the time?	
<b>What is the factual evidence for this thought?</b>	
<b>What is the factual evidence against this thought?</b>	
<b>Do these thoughts show any unhelpful thinking styles?</b> (e.g., Catastrophizing, All-Or-Nothing Thinking, Fortune Telling, Emotional Reasoning)	
<b>Rational Alternative Thoughts:</b> Taking the evidence into account, what is a more helpful and rational alternative to the anxious thoughts?	