

Anxiety Worksheet

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