

# **Anxious Attachment Styles Worksheet**

Name:

Date of Birth:

Mental Health Practitioner:

## Self-Reflection

How do you typically cope with anxiety in your life?

Who do you tend to go to when you're feeling anxious?

What do you feel when that person (people) are not readily available for you?

How does your anxiety impact your daily life, relationships, and overall well-being?

## Identifying Triggers

What situations tend to trigger your anxiety?

Are there specific events that can worsen your anxiety significantly?

Do these issues you have identified relate to your past?

Do you notice any patterns to your anxiety?

## Goal Setting

List three goals that you would like to achieve within your anxiety journey.

Goal #1

Goal #2

Goal #3

# Support System

Here you can list the people around you who are supporting you through this.

## **Person #1**

Name:

Phone:

Email:

Relationship:

## **Person #2**

Name:

Phone:

Email:

Relationship:

## **Person #3**

Name:

Phone:

Email:

Relationship:

## **Person #4**

Name:

Phone:

Email:

Relationship:

## **Person #5**

Name:

Phone:

Email:

Relationship:

## Coping Skills

What are your current coping skills?

How do your current coping skills impact your daily life?

How would you like to overcome these challenges?

What coping skills would you like to try?

## Reflection

- Here is a space for you to write down any reflection notes you have during this time.
- In this section you can write down how you're feeling, any concerns, any journal notes you might want to share and any questions for your mental health practitioner.