

CBT Anxiety Worksheet

Name	Date
Identifying triggers	
List situations, events, or thoughts that often trigger your anxiety. Rate the intensity of anxiety triggered by each item on a scale of 1 to 10.	
Event	Rating
1.	
2.	
3.	
4.	
5.	
Recognizing physical symptoms	
Write down physical symptoms you experience when you're anxious (e.g., racing heart, shortness of breath, sweating). Rate the intensity of each symptom on a scale of 1 to 10.	
Symptom	Rating
1.	
2.	
3.	
4.	
5.	

Challenging anxious thoughts

Identify recurring anxious thoughts or beliefs associated with your triggers.

1.

2.

3.

4.

5.

6.

Analyze the evidence supporting and contradicting these thoughts.

1.

2.

3.

4.

5.

Write down more realistic or balanced thoughts to counteract the anxious ones.

1.

2.

3.

4.

5.

Implementing healthy coping strategies

List healthy coping strategies that have helped you manage anxiety in the past.

Identify new coping strategies you'd like to try.

Plan how and when you will implement these strategies in response to triggers.

Additional notes

