

CBT Worksheet for Anxiety

Name	Date
<p>Think of a situation that triggers your anxiety and answers the prompts provided by writing down your thoughts, physical sensations, and coping strategies, plan of action for dealing with your anxiety in the situation, and identify positive outcomes that could result from facing your fears.</p>	
<p>Situation</p> <p>Describe the specific situation that triggers anxiety in you. It could be a particular social event, an upcoming test, or even a general fear that you experience regularly.</p>	
<p>Anxiety Scale</p> <p>On a scale from 1-10, how anxious does the situation make you feel? Write down your score.</p>	
<p>Thoughts</p> <p>Write down the thoughts that come to your mind when you encounter the triggering situation. These thoughts often contribute to the anxious feelings they experience.</p>	
<p>Emotions</p> <p>Write down the emotions you feel in response to your thoughts. For example, you might feel scared, nervous, or overwhelmed.</p>	

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Behaviors

List the specific behaviors you exhibit in response to your anxious thoughts and emotions. This might include avoiding the situation altogether, engaging in compulsive behaviors, or experiencing physical symptoms such as sweating or shaking.

Alternative Thoughts

Try to come up with alternative thoughts that are more realistic and less anxiety-provoking. These thoughts should challenge the negative beliefs you have about yourself or the situation.

Alternative Emotions

List the emotions you would like to experience in response to the situation. These might include calmness, confidence, or relaxation.

Alternative Behaviors

List the behaviors they would like to exhibit in response to their alternative thoughts and emotions. These behaviors should help them confront the situation in a healthy and constructive manner.

Plan of Actions

What's your plan of action for dealing with your anxiety in this situation? Write down the specific steps you'll take to manage your anxiety and achieve your goals.