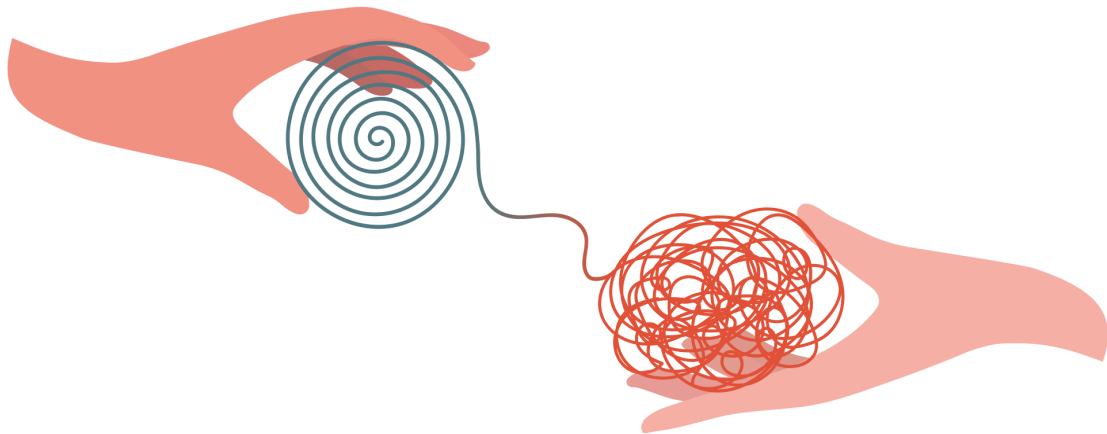


CBT Worksheet for Anxiety

Name: _____ Date: _____



Situation

Briefly describe the situation that triggered your anxiety:

- *When and where did it happen?*
- *Who was involved?*
- *What was happening?*

Physical sensation

Check the sensations you experienced:

Racing heart

Sweating

Dizziness

Shortness of breath

Nausea

Trembling

Muscle tension

Headache

Hot/cold flashes

Other:

Thoughts

Anxious thought

Evidence supporting this thought

Evidence against this thought

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Anxious thought	Evidence supporting this thought	Evidence against this thought
Behaviors		
What did you do (or not do) because of your anxiety?		
Alternative perspective		
What's a more balanced way to view this situation?		
Coping strategies		
Check the strategies you can use next time:		
Deep breathing	Talk to someone supportive	
Progressive muscle relaxation	Focus on what I can control	
Grounding (5-4-3-2-1 senses)	Mindfulness meditation	
Challenge cognitive distortions	Other:	
After using these tools, how did your anxiety level change?		
Before:	1	2345678910
After:	1	2345678910

What small step can you take to approach rather than avoid this situation?

What did you learn from this experience?

Personal notes