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 experi	enced:							
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						

	s thought		Evidend	e support thought	ing this		Evid		agains ought	st this
Behaviors										
What did you	do (or not do) becaus	e of your	anxiety?						
Alternative po	erspective									
		ay to vie	w this situ	ation?						
Alternative po What's a more		ay to vie	w this situ	ation?						
		ay to vie	w this situ	ation?						
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What's a more	e balanced w	ay to vie	w this situ	ation?						
What's a more	e balanced w			ation?						
	e balanced w			ation?	Talk to s	someo	ne sup	portive	е	
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What small step can you take to approach rather than avoid this situation?
What did you learn from this experience?
Personal notes