

Cycle of Anxiety Worksheet

Name:

Age:

Gender:

Occupation:

Contact Information:

Objective: Identify and understand the components of your anxiety cycle to develop strategies for breaking it.

1. Trigger Identification

Describe the event, thought, memory, or sensation that initiated the anxiety.

- Trigger: _____

2. Anxious Thoughts

Write down your specific anxious or catastrophic thoughts in response to the trigger.

- Thought 1: _____
- Thought 2: _____
- Thought 3: _____
- (Add more if necessary)

3. Physical Symptoms

List the physical symptoms or reactions you experienced due to your anxious thoughts.

- Symptom 1: _____
- Symptom 2: _____
- Symptom 3: _____
- (Add more if necessary)

4. Avoidance or Safety Behaviors

Detail your behaviors to manage or escape the distressing thoughts and feelings.

- Behavior 1: _____
- Behavior 2: _____
- Behavior 3: _____
- (Add more if necessary)

5. Short-Term Relief

Describe the immediate relief (if any) that resulted from your avoidance or safety behaviors.

- Relief Felt: _____

6. Reflection

Considering the above, answer the following questions:

- Do you think your anxious thoughts were realistic assessments of the situation? Why or why not?

- What might be a more balanced or rational way to think about the trigger?

- How might you respond differently to the same trigger in the future to avoid falling into the cycle of anxiety?

7. Action Plan

Considering your reflections, write down one to three actions you can take to challenge or break the cycle of anxiety next time.

- Action 1: _____
- Action 2: _____
- Action 3: _____

This worksheet can be used to dissect anxiety experiences, challenge irrational thoughts, and devise action plans. Individuals working with a therapist or counselor can also bring completed worksheets to their sessions for further discussion and guidance.