

Is It Anxiety ACT Worksheet

Name:

Date:

Physician's Name:

Instructions:

Think about situations or events you know can trigger your anxiety. Use the table to figure out which situations you can avoid or pursue.

Action or Event that Induces Anxiety	Will it help me live the life I want?

Write down 2-3 sentences to sum up any resolutions that come to you naturally while doing this exercise.

Reference: Is it anxiety? (n.d.). [E-Book]. In *Act for Anxiety Workbook: ACT techniques for self-help* (p. 1).