

Unpacking Your Anxiety PTSD Worksheet

Your full name:

Your therapist/counselor's full name:

Date submitted:

Instructions: It's easy to conflate anxiety and fear as they are closely related, but fear pertains to what you're afraid of, while anxiety pertains to the inner turmoil that revolves around your worries, especially ones that stem from your fears.

We'd like you to discuss your anxieties concerning your trauma and PTSD so we can identify key areas of concern and develop ways to help you face, examine, and become more cognizant of your PTSD-related anxiety and then help you work through your trauma down the line.

Please answer the following questions:

1. Describe the feeling or feelings of anxiety you remember. What were the situations that made you feel anxious?

2. What did you do in those situations? What did you think about? How did you act?

3. Did these feelings motivate you? If so, how?

4. Are you able to notice if other people are anxious? If so, what do you do?

5. How does your anxiety influence your relationships?

6. **OPTIONAL:** Do you have coping strategies for your PTSD-related anxiety symptoms? It's okay if you don't as of now. We'll work together to help you cope.