

ANXIETY WORKSHEET

A PRACTICAL GUIDE TO UNDERSTANDING, MANAGING,
AND MOVING THROUGH ANXIETY

TODAY'S INTENTION
What do I hope to take away from this time of reflection?



1 CHECK-IN

How am I feeling right now?
(Name the emotion)

On a scale of 1-10, how intense is my anxiety right now?

1 2 3 4 5 6 7 8 9 10
(1 = low 10 = extremely high)

Where do I feel it in my body?

2 WHAT TRIGGERED MY ANXIETY?

What happened or what was I thinking right before I felt anxious?





3 MY THOUGHTS

What thoughts were running through my mind?

Are these thoughts helpful or unhelpful?

What can I tell myself that is more realistic and supportive?

4 WHAT I CAN CONTROL

What is in my control right now?



What is out of my control?

How can I let go of what I can't control?



5 COPING STRATEGIES

What helps me feel calmer or more grounded?
List strategies that support me.

- _____
- _____
- _____
- _____
- _____

6 WHAT I NEED RIGHT NOW

What do I need most in this moment?
(Support, rest, reassurance, space, connection, etc.)



How can I meet this need for myself?



7 REFLECTION

What did I learn about myself today?

What am I proud of myself for?

A gentle reminder I want to carry with me:

8 ACTION PLAN

One small step I can take for my well-being today:

When will I do it? _____

How will I acknowledge or celebrate taking care of myself?

I give myself grace. I give myself time.
Healing is not linear, but every step forward matters.
I am stronger than my anxiety.

