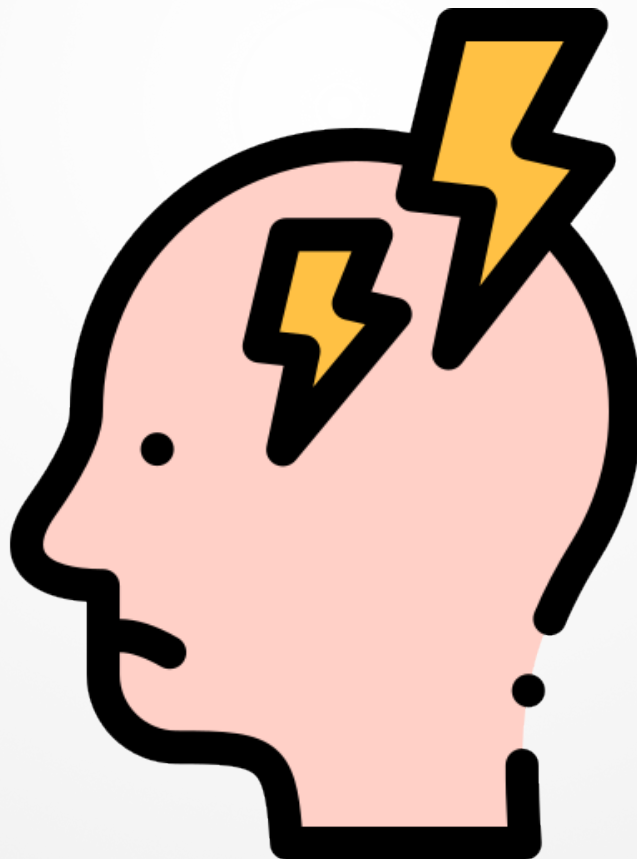




What happens in our brain when we feel anxiety
and how to control it?

ANXIETY TRIGGERS WORKSHEET



ANXIETY TRIGGERS

An anxiety trigger is something that happens to make you feel anxious or nervous. Go through this list and, on a scale of 1-10, identify how anxious each of the triggers make you feel.

1	2	3	4	5	6	7	8	9	10
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CALM

A LITTLE ANXIOUS

ANXIOUS

EXTREMELY ANXIOUS

- | | |
|---|---------------------------------------|
| _____ Conflict or drama in relationships | _____ Not feeling prepared |
| _____ Being in a large crowd of people | _____ Being in tight spaces |
| _____ Interacting with someone I like | _____ Being in wide open spaces |
| _____ Going to a new place for the first time | _____ Being around certain people |
| _____ Having to confront someone | _____ Meeting new people |
| _____ Not knowing what is going to happen | _____ Interacting on social media |
| _____ Having too much to do | _____ A sick friend or family member |
| _____ Giving a presentation in front of people | _____ Family stress (Divorce) |
| _____ Working as part of a group | _____ Financial Problems |
| _____ Pressure to act or behave a certain way | _____ Political Conversations |
| _____ Performing in front of other people | _____ Violence in society |
| _____ Things not going the way I planned | _____ Watching the news |
| _____ Having to change up my routine | _____ Friends not texting me back |
| _____ Other people's expectations of me | _____ Being the decision maker |
| _____ Being away from my phone for too long | _____ School or work responsibilities |
| _____ Interacting with a certain family member | _____ Loud noises or raised voices |
| _____ Other people being disappointed in me | _____ Making new friends |
| _____ Becoming an parent with more responsibilities | _____ Watching the news |
| _____ Having conversations with peers or adults | _____ Not having enough money |

WHAT ARE SOME OTHER THINGS THAT MAKE YOU FEEL ANXIOUS?



MY ANXIETY PLAN

What are some things that you can do differently this week when you are feeling anxious?
Use this worksheet to come up with healthy coping skills to use for your anxiety triggers
instead of responding the way that you usually do.

1. This week, when I feel anxious, instead of:

(How do you usually cope with your anxiety?)

2. I will use these coping skills!

(Place a check mark next to each coping skill you use during the week.)

<input type="checkbox"/>	
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