

Anxiety Worksheets



Anxiety

- Anxiety is the #1 mental health disorder and growing. It affects children, adolescents, and adults. It impacts men and women.
- 30% of Americans struggle with anxiety. More people than ever struggle with anxiety due in part to COVID and the increasing chaos in the world.
- Living with chronic anxiety can cause physical stress on your body. It can affect the cardiovascular, urinary, digestive, and respiratory systems, and it can increase the risk of infection.
- Therapy is very effective when treating anxiety. Effective interventions include: Cognitive Behavioral Therapy (CBT) & Eye Movement & Desensitization Reprocessing (EMDR)

info@bodhicounseling.com

Types of Anxiety

Generalized Anxiety

- Affects 6.8 million adults, or 3.1% of the U.S. population
- Struggle with persistent and excessive worry about a number of different things
- Effective interventions include:
 - Cognitive Behavioral Therapy (CBT)
 - Eye Movement and Desensitization Reprocessing (EMDR)

Symptoms

- Restlessness, wound-up, or on-edge
- Difficulty controlling feelings
- Difficulty concentrating
- Being easily fatigued
- Sleep problems
- Irritability

Panic Disorder

- Up to 11% of people have experienced a panic attack
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Symptoms

- Feelings of being out of control
- Feelings of impending doom
- Pounding or racing heart
- Trembling or tingling
- Chest pain
- Sweating

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Social Anxiety

What is Social Anxiety? Social anxiety is an intense, persistent fear of being watched and judged by others. You may even understand that the fear is irrational but feel unable to manage the thoughts & physical symptoms which include an intense fear of:

- Speaking in public
- Meeting new people
- Dating
- Interviewing for a job
- Answering a question in class
- Having to talk to the cashier at a store
- Calling, texting, or emailing

Anticipation Anxiety Worry about engaging in social situations for weeks before they happen.

Possible Symptoms

- Prostely concern at the last minute to avoid places or events that cause distress or generate feelings of embarrassment.
- Prostely feeling a need to consume alcohol to help feel a social situation (social courage)
- Experiencing a social situation with intense fear or anxiety
- Worried that everyone knows how anxious you are
- Expecting the worst possible outcome in social situations
- Humiliating about what you said and analyzing your "performance" while imagining what people are thinking/saying about you afterwards.

Effective interventions

- Cognitive behavioral therapy (CBT) to identify and challenge automatic negative thoughts that create distress.
- Exposure therapy to desensitize by going to social situations repeatedly until the fear diminishes.
- EMDR can also be useful to desensitize to fearful situations and create neural pathways for potential positive future outcomes.

Phobias

Social Phobia

- Affects an estimated one in ten people
- Common fears include: being introduced to others, meeting people in authority, using the telephone, sitting in restaurants, sending emails, & writing in front of others
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Symptoms

- Fear and anxiety when you're around people in social situations
- Physical reactions associated with extreme fear
- Anxiety or fear is out of proportion to the situation
- Fear of being judged or watched by others
- Leads to avoidance that causes distress

Specific Phobias

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Symptoms

- Extreme measures are taken to avoid the feared object or situation
- Physical reactions associated with extreme fear
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- Feelings of panic, dread, horror, or terror
- Fear beyond the actual threat of danger

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MY ANXIETY...

3 things that trigger my anxiety

3 thoughts I tend to have when anxious

3 physical symptoms I have when anxious

Recognizing all facets of your anxiety and triggers helps you separate anxious thoughts as nothing more than a thought.

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MAPPING MY ANXIETY

MY TOP STRESSES

WHAT CAN BE DONE?

WHERE MY MIND IS AT

MY PRIORITIES TODAY:

WHAT I AM GRATEFUL FOR

THINGS I HAVE ACCOMPLISHED

Useful Coping Skills

Good Sleep

Why? Sufficient sleep, specifically, that leads to necessary for your brain to process emotional information. Make sure you're getting the hours your body needs.

Reducing Caffeine

Why? Caffeine can cause jitters and anxiety, and those with mental health conditions are more susceptible.

Exercise

Why? Exercise releases chemicals in your brain such as serotonin and endorphins which can improve your mood.

Weighted blanket

Why? Weighted blankets put pressure on your body which releases your nervous system, putting it into "rest" mode.

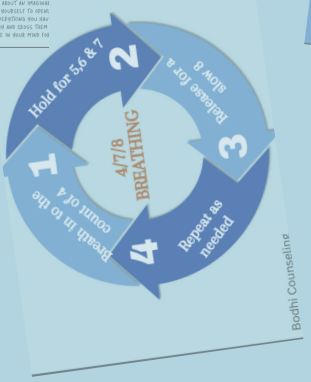
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Schedule Your Worry Time

- Designate a time and place to worry. Select a time and place, along with a duration each day to be in your worry zone.
- Write down your worries. During your worry time, write down all the things that are bothering you on a designated piece of paper.
- Be in the present moment. Now that you have a designated worry time, allow those worries to be thought about during that time, and focus more on the present moment.
- Worry time. When it's time for your worry time, sit down on your worry space and write down your worries on the paper.
- Reflect. Reflecting and journaling on your daily worries can help you find your triggers, what you spend time worrying about, and you can visibly see the outcome of your worries.

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ANXIETY JAR

Place all of your anxious thoughts and worries inside the jar.



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Anticipation Anxiety

Worry about engaging in social situations for weeks before they happen.

Social Anxiety has increased due to the pandemic and shelter in place. Around 15 million American adults had social anxiety disorder before the pandemic.

Possible Symptoms

- Possibly canceling at the last minute to avoid places or events that cause distress or generate feelings of embarrassment.
- Possibly feeling a need to consume alcohol to help face a social situation (liquid courage).
- Enduring a social situation with intense fear or anxiety
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MY ANXIETY...

3 things that trigger my anxiety

- _____
- _____
- _____

3 thoughts I tend to have when anxious

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- _____
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- _____
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Recognizing all facets of your anxiety and triggers helps you separate anxious thoughts as nothing more than a thought.

MAPPING MY ANXIETY



MY TOP STRESSES

WHAT CAN BE DONE?

WHERE MY MIND IS AT

MY PRIORITIES TODAY:

1. _____ 2. _____ 3. _____

WHAT I AM GRATEFUL FOR

THINGS I HAVE ACCOMPLISHED

NOTES: PAY ATTENTION TO YOUR "WHAT IF" THOUGHTS. IF THERE IS NOTHING YOU CAN DO ABOUT AN IMAGINARY SCENARIO, WORRYING WILL ONLY MAKE IT WORSE. BE GENTLE WITH YOURSELF AND ALLOW YOURSELF TO OPENLY NAVIGATE YOUR MIND SO THOUGHTS SEEM MORE MANAGEABLE. IT IS EASY TO GET LOST IN EVERYTHING YOU HAVE TO DO OR COULD BE DOING, TAKE A MOMENT TO WRITE 3 THINGS YOU WANT TO ACCOMPLISH TODAY AND CROSS THEM OUT OR HIGHLIGHT THEM WHEN YOU HAVE FINISHED, IT CAN INCREASE DOPAMINE! ALLOW SPACE IN YOUR MIND FOR GRATITUDE AND PRIDE IN THE THINGS YOU HAVE ACCOMPLISHED!

Useful Coping Skills

Good Sleep



Why?

Sufficient sleep, specifically, REM sleep, is necessary for your brain to process emotional information. Make sure you're getting the hours your body needs

Reducing Caffeine



Why?

Caffeine can cause jitters and anxiety, and those with mental health conditions are more susceptible.

Exercise



Why?

Exercise releases chemicals in your brain such as serotonin and endorphins which can improve your mood.

Weighted blanket



Why?

Weighted blankets put pressure on your body which relaxes your nervous system, putting it into "rest" mode.



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Schedule Your Worry Time

1



Designate a time and place to worry

Select a time and place, along with a duration each day to be in your worry zone.

Write down your worries

During your worry time, write down any worries you have had throughout the day into a designated worry paper or journal.



2

3



Be in the present moment

Now that you have a designated worry time, allow those worries to be thought about during that time, and focus more on the present moment.

Worry time

When it's finally your designated worry time, sit down in your worry space and write down your worries in the time allotted.



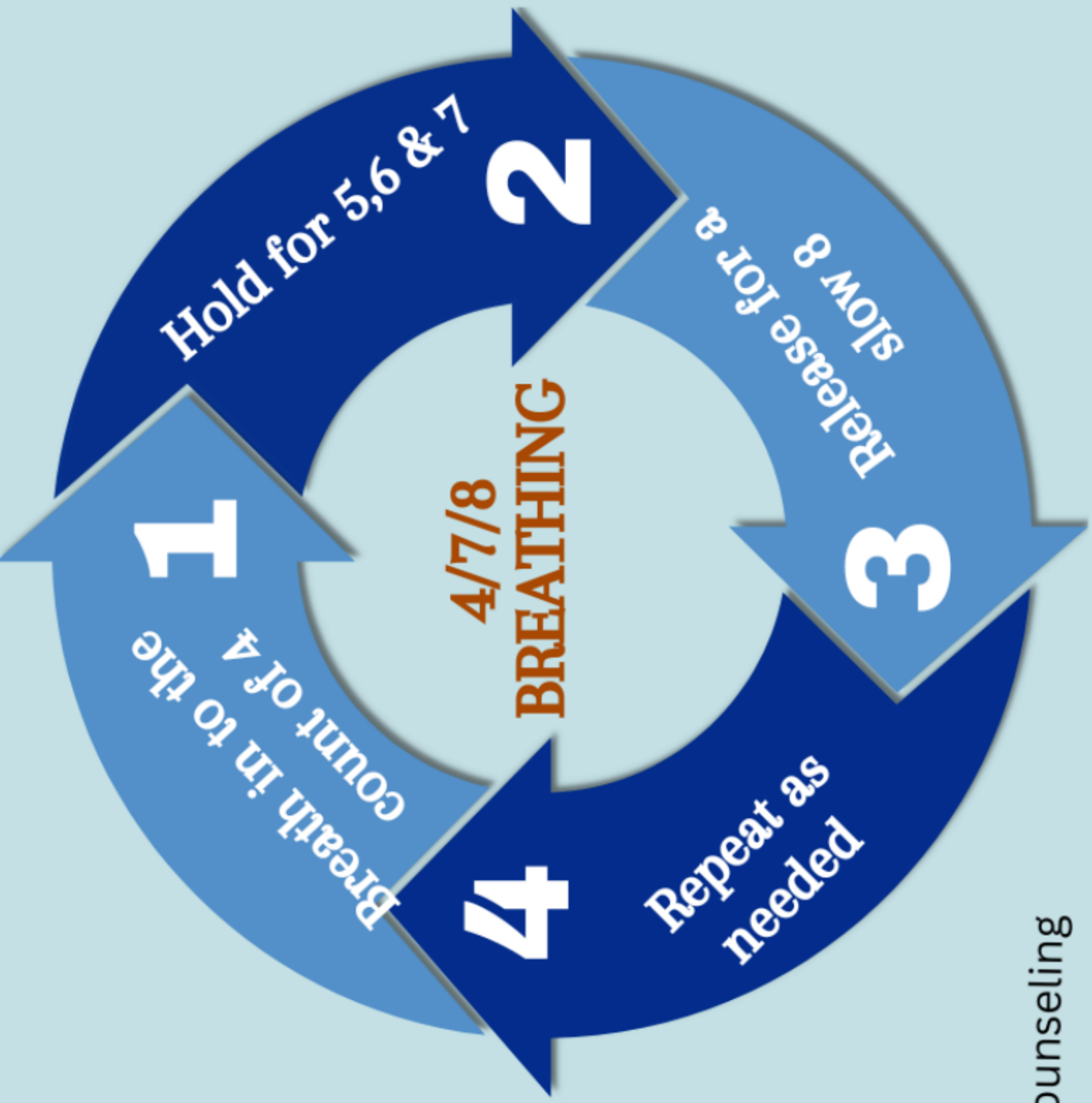
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5



Reflect

Reflecting and journaling on your daily worries can help you find your triggers, what you spend time worrying about, and you can visibly see the outcome of your worries.



Cognitive Distortions

Cognitive distortions are automatic negative thoughts that frame how we see the world without us even realizing it. You know the saying 'seeing the world through rose colored glasses?' Those of us that struggle with anxiety see the world through automatic negative thoughts. Learning to recognize and challenge these thoughts is a cornerstone of cognitive behavioral therapy.

Below is a list of types of automatic negative thoughts as well as examples of how they might appear and examples of how we can challenge them.

Distortion	Definition	Example
All or Nothing Thinking	Seeing the world in black and white, such as thinking extremes.	I got one question wrong on my test, therefore I failed it and am failing my class.
Catastrophizing	Thinking the worst will happen or exaggerating the difficulties	If I fail this test, I will never pass this class, and I'll be a failure in life.
Emotional Reasoning	Feeling anxious something bad will happen or there's something to worry about	You've been cheated on in the past, are now with a loving and trusting partner but can't shake the feeling they're cheating.
Jumping to conclusions: Fortune telling	Creating a thought that becomes your truth without any evidence, so ignoring all other life possibilities	I've never been in a relationship therefore I'll be single forever and never be loved.
Jumping to conclusions: Mind reading	Assuming others are negatively evaluating you or have ill intentions towards you without evidence	The girls behind me were laughing, I know they were making fun of me and how I look.
Mental Filter	Only focusing on the negatives of the situation and filtering out all of the positives	My partner hurt me and has done several things to make up for it, but I am still focused on the one time they hurt me.
Minimizing/ disregarding the positive	You acknowledge the positive in the situation but reject it.	I got promoted to be the team leader, but I don't deserve it, it's only because of the politics within our team, not because of my capabilities .
Overgeneralization	Limited-living experience can lead you to believe one negative experience is how things will always turn out	I didn't get my first job I applied for, therefore I'll never get a job in my life.

YOU'RE
DOING
GREAT!



BE GENTLE WITH YOURSELF



BODHI COUNSELING

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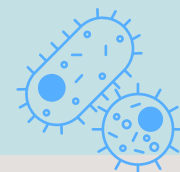


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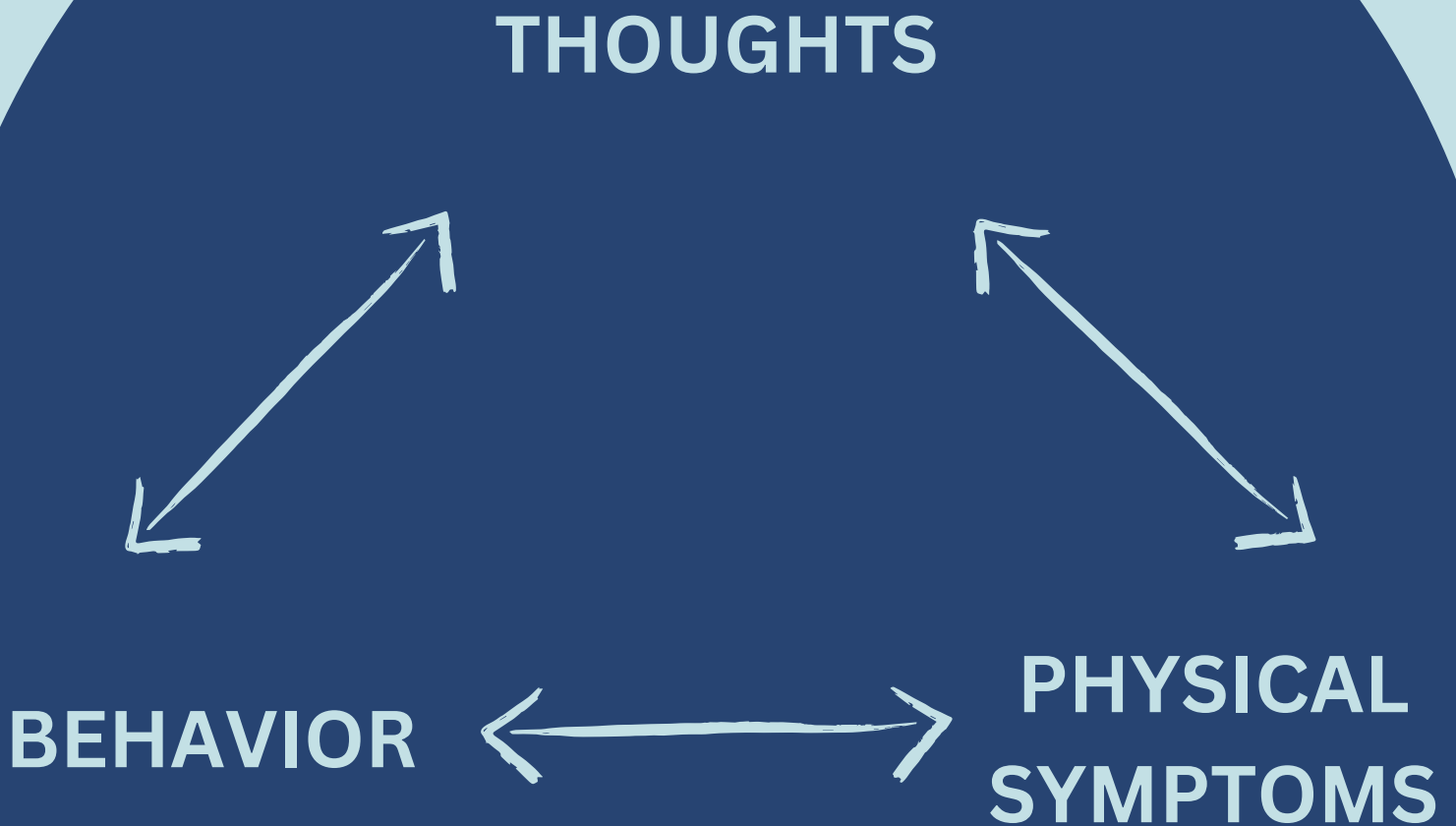
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The Cycle



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COGNITIVE DISTORTION	DEFINITION	RECOMENDATIONS 
CATASTROPHIZING	Imagining disasters from a small event	Put your thoughts in perspective, consider calmer explanations, legitimize the evidence, focus on coping.
ALL-OR-NOTHING THINKING	Extreme black-or-white thinking	Be more realistic in your thinking and develop both-and reasoning. Two opposing thoughts can exist together.
FORTUNE-TELLING	Predicting how a situation or event will play out.	Test your prediction by allowing yourself to be in the situation, be prepared to take risks, past experiences do not determine future experiences.
MIND-READING	Thinking you know what other people are or could be thinking	Allow yourself to generate alternative reasons for the behavior you are seeing. Consider that your guess may be wrong, ask for more information,
EMOTIONAL REASONING	Relying too heavily on your feelings to guide your thoughts and behaviors	Take notice of the weight of your emotional thoughts, ask yourself if you would view the situation differently if you were calm, give yourself time for your feelings to subside.
OVERGENERALIZING	Drawing whole conclusion from one or more parts	Get a little bit of perspective on the situation, be less judgmental of others and yourself, and be specific with your thoughts and reasoning.
LABELING	Putting labels and people and events.	Allow space in your mind for varying degrees and celebrate the complexities of life rather than fearing them.
MAKING DEMANDS	Thoughts that include must, should, have to, need to	Paying attention to the language of thoughts, limit approval seeking, your rulebook may be different than others'
MENTAL FILTERING	The bias in which you process information	Examine your filters closely, gather genuine evidence to support or contradict your current thinking
DISQUALIFYING THE POSITIVE	Turning a positive event into a neutral or negative event	Practice gratitude and accepting compliments and positive things happening to you
LOW FRUSTRATION TOLERANCE	Thinking difficult thoughts are intolerable.	Pushing yourself to do things that are uncomfortable or unpleasant, reminding yourself of your mental ability.
PERSONALIZING	Interpreting events as being related to you	Thinking about the other factors that may have contributed to the outcome, consider why people may be responding to you in a certain way.

COGNITIVE DISTORTIONS REFLECTION (EXAMPLE)

CHECK OFF WHICH COGNITIVE DISTORTIONS
APPLY TO YOU AND PICK ONE TO REFLECT ON:

I OFTEN LABEL MYSELF AS STUPID, DUMB, AND CHILDISH
BECAUSE OF ONE PAST BEHAVIOR OR EVENT WHICH DAMAGES
MY SELF-ESTEEM.

- | | |
|--|---|
| <input type="checkbox"/> CATASTROPHIZING | <input checked="" type="checkbox"/> LABELING |
| <input type="checkbox"/> ALL-OR-NOTHING THINKING | <input type="checkbox"/> MAKING DEMANDS |
| <input type="checkbox"/> FORTUNE-TELLING | <input type="checkbox"/> MENTAL FILTERING |
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DESCRIBE HOW YOU REACT TO THIS
COGNITIVE DISTORTION:

I GET VERY FRUSTRATED WITH MYSELF AND OFTEN SPIRAL BY
CONFIRMING MY LABEL WITH OTHER PAST BEHAVIORS AND
EVENTS.

DESCRIBE HOW YOU WOULD LIKE TO
REACT DIFFERENTLY:

I WOULD LIKE TO ACKNOWLEDGE THE NEGATIVE THOUGHTS BUT
NOT ALLOW THEM TO DEFINE ME. I WANT TO CELEBRATE AND
APPRECIATE MY COMPLEXITIES.

COGNITIVE DISTORTIONS REFLECTION

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DESCRIBE HOW YOU REACT TO THIS COGNITIVE DISTORTION:

DESCRIBE HOW YOU WOULD LIKE TO REACT DIFFERENTLY:

My fears today center around

(example 1)

I am going to fail my midterm

FEARFUL THOUGHT	TYPE OF THOUGHT	CHALLENGES
I am feeling anxious so something bad is happening	Emotional Reasoning	I feel anxious a lot. It's just my body telling me there's a grizzly bear when there isn't one around.
I am going to fail this test	Fortune-telling	I have studied a lot and done well on other tests in this class
I always fail	All or Nothing	I got such good grades before that I got into this school/program/class

My fears today center around

(example 2)

I am going to fail my midterm

FEARFUL THOUGHT	TYPE OF THOUGHT	CHALLENGES
If I fail this test I won't get into grad school and my life will be miserable	Catastrophizing and fortune-telling	Even if I fail this test, there are a lot of options to raise my grades
I got A's on all my tests but that didn't matter. Those were easy tests	Minimizing	This is a hard class, I worked hard and studied a lot. I deserve those A's!

Remember - Challenges have to be truthful. They won't be helpful if you don't believe them!

My fears today center around

FEARFUL THOUGHT	TYPE OF THOUGHT	CHALLENGES

Situation:

I have a presentation today

My Core Beliefs (My lens of the situation):

- The presentation has to be perfect or everyone will make fun of me
- I have to do well or I will get a bad grade in the class
- I have to present well or my teacher will think I don't know what I am talking about.

BEHAVIORS

- Trouble concentrating
- Speaking softly
- Rigid/bad posture

THOUGHTS

- I am going to present badly
- I am going to be mocked
- I only have one chance and I am going to mess it up

BODILY SENSATIONS

- Sweaty Palms
- Shaky
- Restlessness
- Increased heart-rate
- Nausea

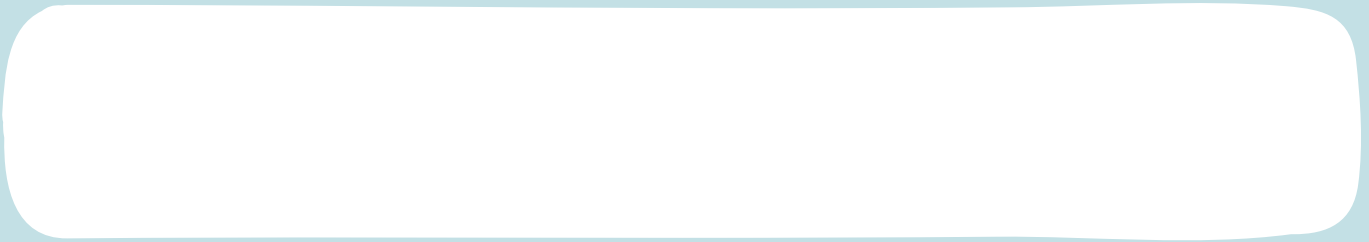
EMOTIONS

- Nervousness
- Incapable
- Afraid

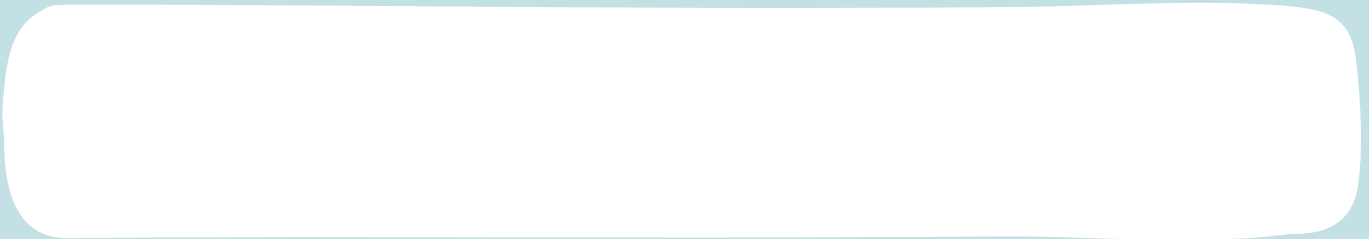
Reframing:

I worked really hard on the presentation and I know the content well. It makes sense why I am nervous but I am going to do the best that I can. I can practice breathing and grounding exercises before and during my presentation to relax my mind and body.

Situation:



My Core Beliefs (My lens of the situation):



BEHAVIORS



THOUGHTS



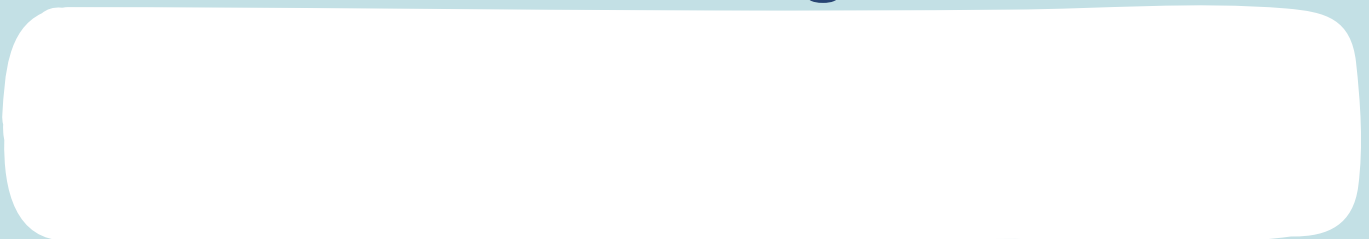
BODILY SENSATIONS



EMOTIONS



Reframing:



Strengthening your Beliefs (example)

Belief you would like to strengthen:

I have faith in myself and I have the skills to remember everything I need to do.
Progress over perfection!

Belief Strength: 20%

Doubt/ Argument against belief:

I forget to do things all of the time so I am always going to forget to do something

Challenge your doubt and defend your belief :

I always write down the things I have to do. I am good at planning and making sure I accomplish everything I can/want to.

Doubt / Attack your belief:

Today could be the day that I forget to write something down and don't remember to do it at all.

Challenge your doubt / attack and defend your belief :

I have forgotten to do things before and I was okay. Missing one task/assignment/chore just means I forgot to do it and that's okay.

Doubt / Attack your belief:

I might forget something really important that will make me not okay even if that has never happened before.

Your new core belief:

I trust myself. Even if I forget to do something, I will be okay. These anxious thoughts are just thoughts, not my reality.

New Belief Strength: 75%



Strengthening your Beliefs

Belief you would like to strengthen:

Belief Strength: ____%

Doubt/ Argument against belief:

Challenge your doubt and defend your belief :

Doubt / Attack your belief:

Challenge your doubt / attack and defend your belief :

Doubt / Attack your belief:

Your new core belief:

New Belief Strength: ____%



Identifying and Managing Cognitive Distortions (example)

What triggered your emotions?

My friend told me they needed to talk to me about something.

Write down the thoughts and beliefs that went through your mind:

My friend is going to tell me that they hate me.

What if I did something wrong and they're mad at me?

Identify the thinking error or cognitive distortion for each thought (Refer to Cognitive Distortions sheet):

Mind-Reading

Write down your emotion:

I am feeling anxious, sad, depressed, lonely, afraid, distressed

Write down your actions:

I told my friend when I was available to talk to them

What are some coping skills that can help me manage similar situations?

I would consider calmer explanations and remind myself that it only hurts me to consider the worst possible scenario.

Identifying and Managing Cognitive Distortions

What triggered your emotions?

Write down the thoughts and beliefs that went through your mind:

Identify the thinking error or cognitive distortion for each thought (Refer to Cognitive Distortions sheet):

Write down your emotion:

Write down your actions:

What are some coping skills that can help me manage similar situations?

MAPPING MY ANXIETY



MY TOP STRESSES

WHAT CAN BE DONE?

WHERE MY MIND IS AT

MY PRIORITIES TODAY:

1. _____ 2. _____ 3. _____

WHAT I AM GRATEFUL FOR

THINGS I HAVE ACCOMPLISHED

NOTES: PAY ATTENTION TO YOUR "WHAT IF" THOUGHTS. IF THERE IS NOTHING YOU CAN DO ABOUT AN IMAGINARY SCENARIO, WORRYING WILL ONLY MAKE IT WORSE. BE GENTLE WITH YOURSELF AND ALLOW YOURSELF TO OPENLY NAVIGATE YOUR MIND SO THOUGHTS SEEM MORE MANAGEABLE. IT IS EASY TO GET LOST IN EVERYTHING YOU HAVE TO DO OR COULD BE DOING, TAKE A MOMENT TO WRITE 3 THINGS YOU WANT TO ACCOMPLISH TODAY AND CROSS THEM OUT OR HIGHLIGHT THEM WHEN YOU HAVE FINISHED, IT CAN INCREASE DOPAMINE! ALLOW SPACE IN YOUR MIND FOR GRATITUDE AND PRIDE IN THE THINGS YOU HAVE ACCOMPLISHED!



MY ANXIETY...

3 things that trigger my anxiety

- _____
- _____
- _____

3 thoughts I tend to have when anxious

- _____
- _____
- _____

3 physical symptoms I have when anxious

- _____
- _____
- _____

Recognizing all facets of your anxiety and triggers helps you separate anxious thoughts as nothing more than a thought.

Useful Coping Skills

Good Sleep



Why?

Sufficient sleep, specifically, REM sleep, is necessary for your brain to process emotional information. Make sure you're getting the hours your body needs

Reducing Caffeine



Why?

Caffeine can cause jitters and anxiety, and those with mental health conditions are more susceptible.

Exercise



Why?

Exercise releases chemicals in your brain such as serotonin and endorphins which can improve your mood.

Weighted blanket



Why?

Weighted blankets put pressure on your body which relaxes your nervous system, putting it into "rest" mode.



Remember: It's about you learning to manage your anxiety. Not you trying to shape the world to avoid your anxiety.

info@bodhicounseling.care

ANXIETY JAR

Place all of your anxious thoughts and worries inside the jar.



info@bodhicounseling.care

Schedule Your Worry Time

1



Designate a time and place to worry

Select a time and place, along with a duration each day to be in your worry zone.

Write down your worries

During your worry time, write down any worries you have had throughout the day into a designated worry paper or journal.



2

3



Be in the present moment

Now that you have a designated worry time, allow those worries to be thought about during that time, and focus more on the present moment.

Worry time

When it's finally your designated worry time, sit down in your worry space and write down your worries in the time allotted.



4

5



Reflect

Reflecting and journaling on your daily worries can help you find your triggers, what you spend time worrying about, and you can visibly see the outcome of your worries.

