

# CBT Anxiety Worksheet

Name:

Date:

## Identifying triggers

List situations, events, or thoughts that often trigger your anxiety. Rate the intensity of anxiety triggered by each item on a scale of 1 to 10.

| Event | Rating |
|-------|--------|
| 1.    |        |
| 2.    |        |
| 3.    |        |
| 4.    |        |
| 5.    |        |

## Recognizing physical symptoms

Write down physical symptoms you experience when you're anxious (e.g., racing heart, shortness of breath, sweating). Rate the intensity of each symptom on a scale of 1 to 10.

| Symptom | Rating |
|---------|--------|
| 1.      |        |

|    |  |
|----|--|
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |

**Challenging anxious thoughts**

Identify recurring anxious thoughts or beliefs associated with your triggers.

|    |
|----|
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |

Analyze the evidence supporting and contradicting these thoughts.

1.

2.

3.

4.

5.

Write down more realistic or balanced thoughts to counteract the anxious ones.

1.

2.

3.

4.

5.

**Implementing healthy coping strategies**

List healthy coping strategies that have helped you manage anxiety in the past.

Identify new coping strategies you'd like to try.

Plan how and when you will implement these strategies in response to triggers.

**Additional notes**