

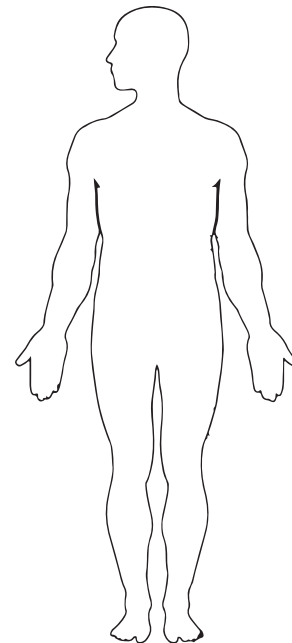
# RECOGNIZING ANXIETY WORKSHEET

Recognizing how anxiety effects the body is an important part of helping one manage anxiety symptoms.

Which words fit when you feel anxiety in your body?

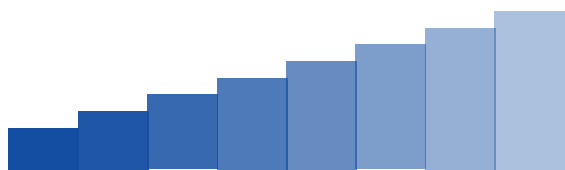
DIZZY      COLD      TINGLY      TIGHT  
NAUSEA    SWEATY    ACHEY HEAD    RACING HEART

OTHER: \_\_\_\_\_



Put an X on the parts of your body that you feel the most when you are worried.

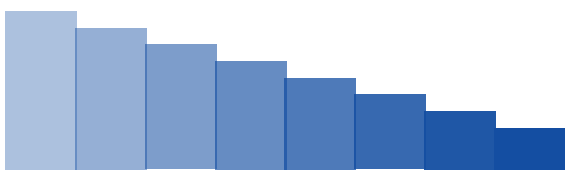
What do I notice in my thoughts and actions that escalates my anxiety?



THOUGHTS:  
[Blank area for writing]

URGE FOR ACTION:  
[Blank area for writing]

What thoughts or actions settle my anxiety?



THOUGHTS:  
[Blank area for writing]

URGE FOR ACTION:  
[Blank area for writing]