

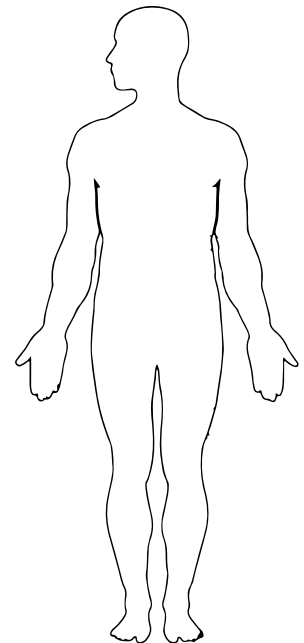
RECOGNIZING ANXIETY WORKSHEET

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?

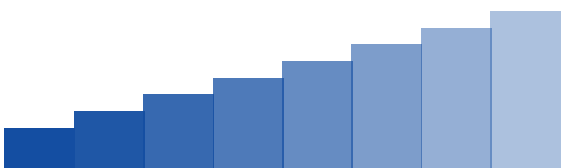
DIZZY COLD TINGLY TIGHT
NAUSEA SWEATY ACHEY HEAD RACING HEART

OTHER: _____



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

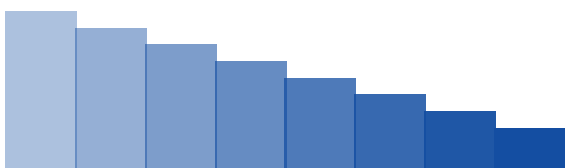
What do I notice in my thoughts and actions that escalates my anxiety?



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]