

The Costs of Anxiety

Anxiety has hurt my relationships with _____

Anxiety has limited my life by _____

Life Without Severe Anxiety

When I am free of severe anxiety, I will feel _____

I will be free to do _____

My Worry Cycle

My thoughts or images are _____

My physical sensations are _____

My actions are _____

My Panic Cycle

My panic attacks are triggered by _____

My physical sensations are triggered by _____

My thoughts and images are triggered by _____

My actions are triggered by _____

Other activities and places that I now fear include _____

Catching Anxious Thoughts

The last time I felt panicky, I thought _____

Take these worksheets or some notepaper with you and catch the anxious thoughts right after they occur. What are the most important anxious messages you are telling yourself?

Anxiety Rating Scale

Many people can't discriminate between different levels of anxiety or panic. They feel either calm or anxious. To help you become aware of your own intermediate levels of anxiety, complete this worksheet form, being as specific as you can.

As you experiment with the coping strategies you will be learning, refer to this worksheet in order to discover what strategies work best for you at different levels of anxiety.

Level 10: extreme anxiety

When my anxiety is at level 10, my thoughts are _____

My bodily sensations are _____

My behaviours include _____

Level 8: on the verge of extreme anxiety

When my anxiety is at level 8, my thoughts are _____

My bodily sensations are _____

My behaviours include _____

Level 6: severe anxiety

When my anxiety is at level 6, my thoughts are _____

My bodily sensations are _____

My behaviours include _____

Level 4: moderate anxiety

When my anxiety is at level 4, my thoughts are _____

My bodily sensations are _____

My behaviours include _____

Level 2: mild anxiety

When my anxiety is at level 2, my thoughts are _____

My bodily sensations are _____

My behaviours include _____

My Goals

List two to four goals you'd like to achieve in the next one to three months. Fill in the action strategies as you learn new coping skills.

Goal 1 _____

Action strategies to achieve my goal:

- a. _____
- b. _____
- c. _____
- d. _____

Goal 2 _____

Action strategies to achieve my goal:

- a. _____
- b. _____
- c. _____
- d. _____

Goal 3 _____

Action strategies to achieve my goal:

- a. _____
- b. _____
- c. _____
- d. _____

Goal 4 _____

Action strategies to achieve my goal:

- a. _____
- b. _____
- c. _____
- d. _____

Getting to the Heart of the Matter

My peril/worst prediction _____

If the worst occurs, what might happen next?	What would be so bad about that?
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Looking at the Odds: Strengthening the Rational You

- a. Day/time:
- b. Anxiety cue (events/thoughts/sensations/):
- c. My peril prediction:
- d. Odds that my peril predication will occur (0-100%):
- e. Evidence for the likelihood of my peril prediction occurring:
- f. Evidence against the likelihood of my peril prediction occurring:
- g. New odds that my peril prediction will occur (0-100%):
- h. New self-talk after reviewing all the evidence:

Sensory Exercise (after medical clearance)

Add to the list of exercises below any others that trigger physical sensations similar to those that you fear. On a scale from 1 to 10, rate each sensation's intensity, then the intensity of the anxiety it provokes. On the next line, describe how this sensation relates to what you feel during anxiety.

	Intensity of Sensation/Anxiety
1. Hyperventilate (30 sec.)	____/____
_____	_____
2. Spin in a chair (1 min.)	____/____
_____	_____
3. Hold your breath (30 sec max.)	____/____
_____	_____
4. Shake your head from side to side (30 sec.)	____/____
_____	_____
5. Run in place (30 sec.)	____/____
_____	_____
6. Bend quickly, then straighten up (30 sec.)	____/____
_____	_____
7. Rapidly run up and down stairs (30 sec.)	____/____
_____	_____
8. Put head between legs, then raise it (30 sec.)	____/____
_____	_____
9. _____	____/____
_____	_____
10. _____	____/____
_____	_____
11. _____	____/____
_____	_____

Exposure Strategy List

1. Anxiety sensations are normal physical reactions and not harmful.
2. Worry is not a predictor of outcome.
3. Focus on the Rational You. Don't allow the Frightened You to take over.
4. Practice your slow, gentle breathing.
5. Some anxiety is normal and to be expected.
6. Progress is gradual – recovery takes time. Be patient with yourself.
7. Focus on what is really happening to you and around you – not what you fear might happen.
8. Wait for your fear to decrease and notice when it begins to fade.
9. Each practice situation is an opportunity to test your peril predictions.
10. Celebrate your successes, no matter how small. They will add up.