

Anxiety Worksheet

Situation <i>Describe the event encountered when you felt anxiety.</i>	Emotion(s) <i>a. Identify emotion(s)</i> <i>b. Rate the degree of emotion from 1%-100%</i>	Bodily sensations and reactions <i>Describe the physical sensations and reactions you experienced and where you felt them.</i>	Negative Thoughts <i>Describe the negative thoughts that were triggered</i>	Behaviors <i>Describe what you did/your behaviors when you experienced these emotions and thoughts</i>	Different Outcome <i>Identify what you could do differently</i>
Was asked by boss to give a speech	Anxiousness (50%) Fear (20%) Worry (40%)	Sweaty palms Racing heart Muscle tension in shoulders Unable to concentrate	"I can't do this" "I will fail" "No one will like my presentation" "I will forget everything I'm going to say" "I will never advance in my career"	Postponed presentation Avoided boss Pacing Bit nails	Get advice from a colleague about my concerns Prepare my presentation in advance and practice Contact a therapist trained in CBT
