

CBT Worksheet for Anxiety

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<p>Think of a situation that triggers your anxiety and answers the prompts provided by writing down your thoughts, physical sensations, and coping strategies, plan of action for dealing with your anxiety in the situation, and identify positive outcomes that could result from facing your fears.</p>			
Situation Describe the specific situation that triggers anxiety in you. It could be a particular social event, an upcoming test, or even a general fear that you experience regularly. My supervisor asked me to discuss a certain topic in front of my colleagues.			
Anxiety Scale On a scale from 1-10, how anxious does the situation make you feel? Write down your score. 8			
Thoughts Write down the thoughts that come to your mind when you encounter the triggering situation. These thoughts often contribute to the anxious feelings they experience. I thought of failing and not being able to speak properly in front of them.			
Emotions Write down the emotions you feel in response to your thoughts. For example, you might feel scared, nervous, or overwhelmed. I felt anxious, nervous, and rattled.			

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CBT Master Rules Bills,Fanpro,2004-07-01 **Railway Master Mechanic** ,1902 CBT Master Rules
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