

# RECOGNIZING ANXIETY WORKSHEET

Recognizing how anxiety affects the body is an important part of helping you manage your anxiety symptoms.

Which words best describe how anxiety feels in your body?

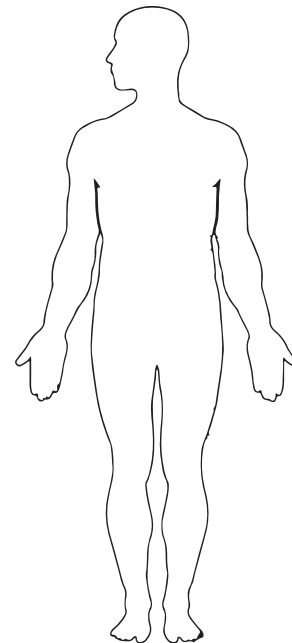
DIZZY  
NAUSEA

COLD  
SWEATY

TINGLY  
HEADACHE

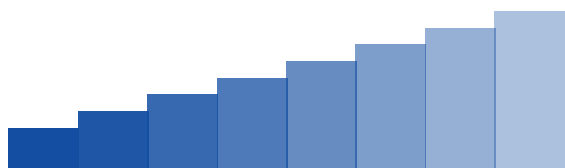
TIGHT  
RACING HEART

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



Where do you feel anxiety? Put an X on the parts of your body that are most affected.

What thoughts and/or actions escalate my anxiety?



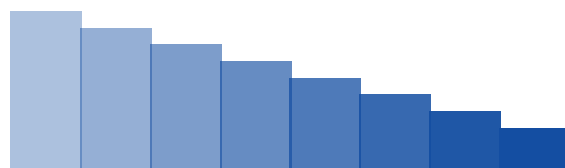
THOUGHTS:

\_\_\_\_\_

URGE FOR ACTION:

\_\_\_\_\_

What thoughts and/or actions help to calm my anxiety?



THOUGHTS:

\_\_\_\_\_

URGE FOR ACTION:

\_\_\_\_\_