

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Anxiety Breakdown

What is making me feel anxious?

\_\_\_\_\_

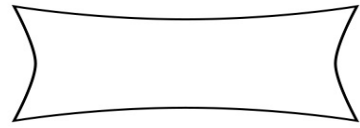
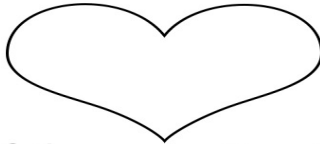
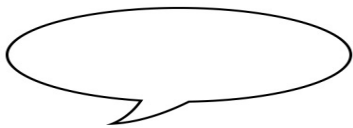
How is my body responding?

\_\_\_\_\_

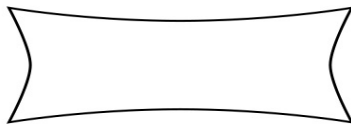
What can I do to calm my body down?

\_\_\_\_\_

What are positive thoughts to help calm my mind?



What are some of the negative thoughts that I am having?



What is the worst thing that can happen?

\_\_\_\_\_

What do I have in my control to keep this from happening?

\_\_\_\_\_

\_\_\_\_\_