Instead of...

What are some things that you can do differently this week when you are feeling anxious? Use this worksheet to come up with healthy coping skills to use for your anxiety triggers instead of responding the way that you usually do.

This week, when I feel anxious, instead of...

(How do you ussualy cope with your anxiety?)

_____

_____

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I will use these coping skills!

(Place a check mark next to each coping skill you use during the week)

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