

My Anxiety Levels

Use this worksheet to explore what happens to your body, thoughts, and feelings as your anxiety increases!
Write down the helpful coping skills that you use for each level of anxiety.

Level 1 What happens when you first start feeling anxious?

How do you cope?

Level 2 What happens as you become more anxious?

How do you cope?

Level 3 What happens when you are at your most anxious?

How do you cope?