

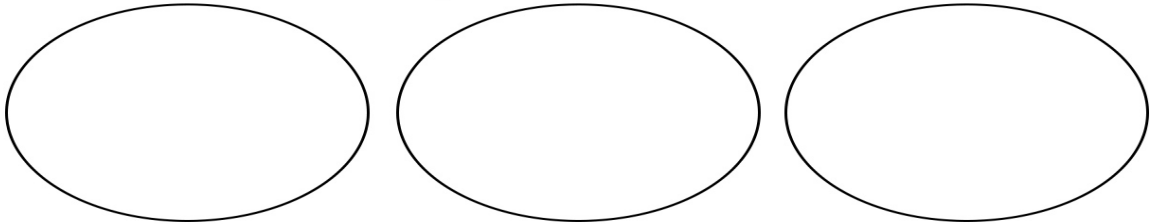
Name: _____

Date: _____

Anxiety Breakdown

What is making me feel anxious?

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



How is my body responding?

What is the worst thing that can happen?

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

What can I do to calm my body down?

What are positive thoughts to help calm my mind?

