

ANXIETY PREP

It can be helpful to be prepared when you are going into a situation that might make you feel anxious or nervous. Use this worksheet to figure out things that you can do before and during the situation to help you cope if you become anxious.

Name _____

Date _____

Whats the situation?

What might make me feel anxious?



What things can I say or do before, to prepare for this situation?

How have i handed it before?



How will I know that I'm getting Anxious?

Coping skills I can use if I start to feel anxious!

