

Name: _____ Date: _____

ANXIETY COPING SKILLS WORKSHEET

1. What I'm Feeling

2. What Triggered It? What happened before you started feeling this way?

3. My Thoughts. What thoughts are going through your mind?

4. Reality Check

Are these thoughts 100% true?

Yes No Not true

Write a more balanced thought:

5. Calm Down Techniques (Pick 1-2)

- Take 5 deep breaths
- Listen to music
- Talk to a friend
- Write in a journal
- Go for a walk
- Drink water
- Others