

BONUS WORKSHEET!

Mental Checklist for Checking Anxiety

Learn to identify what's happening and becoming aware.

Get use to asking questions and getting to the truth of what's going on.

| Questions | Y/N (notes) |
|--|--------------------|
| 1. Identify & Become Aware of physical symptom (excessive itchiness, lump in throat, chest tightening, dizzy, rapid breathing) | |
| Is this anxiety? | |
| How can I check this? Am I worrying about something? If so, what am I worried about? (identify it) Am I scared, what's the dominant thought you have right now? (name it) | |
| Challenge the thought..Be specific What can/can't I do? Is this really true? | |
| Can I find evidence of past success? (access these resources) | |
| What resources/strategies can I use right now? (breathe, affirmations, focus on what I can do, grounding, check in, etc) | |
| | |
| Reflection What were your outcomes? What strategies/resources did you use to get through it? | |

Remember: The strategies don't work unless you work the strategies