

Worksheet 1b

Identify Your Physical Symptoms and Begin to Link with your Anxiety

So now you're going to make statements to help you become fully aware of how anxiety affects you physically.

Below, write as many as you can. Aim for at least 3.

Choose your most powerful, or biggest or most common reoccurring symptoms.

When I feel anxious I notice my legs feel like jelly

When I feel anxious I notice my _____

When I feel scared I notice my _____

When I feel anxious I notice my _____

When I feel worried I notice my _____

When I feel anxious I notice my _____

When I feel anxious I notice my _____

When I feel afraid I notice my _____

When I feel anxious I notice my _____

When I feel _____ I notice my _____

When I feel _____ I notice my _____

When I feel _____ I notice my _____

When I feel _____ I notice my _____

Tip:

You can also add more, as you become more aware of how anxiety shows up in your body.