Worksheet 3a Take Action

Have a plan. Make a future statement (preparing for an alternative, having something else to do.)

Choose to do, think, something different.

Example, When I feel my body reacting to my anxiety, I will repeat an affirmation (BE SPECIFIC, name what you will say…"I am ok")

Symptoms, Situations, Occurences	What Action Will You Take?
When I feel my body reacting to my anxiety	I will
When my thoughts are bothering me	I will
When my thoughts are bothering me	I will
When I feel my body reacting to my anxiety	I will

Remember to refer to your Rewards Sheets. Acknowledge the steps you take to change.

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

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