Anxiety and Worry Worksheet

This worksheet helps you reflect on worry and anxiety allowing you to evaluate when it happens and how it makes you feel. Identifying the trigger or activator helps you understand why you worry or get anxious. Knowing when, how and why gives you power to manage those thoughts.

Anticipating a negative outcome to prepare for the worst does not prevent us from being caught off guard. In the end, it increases worry and anxiety. Moving your thoughts back to the present from a falsely projected future reduces anxiety. Recognizing your control is limited is another step in reducing worry. Next, follow the prompts below to start your reflection.

Select how often you feel anxious:

Not often	(only during major changes or life events)
Often	(at least 3 times a week)
Very Often	(nearly every day)

Select the main force(s) activating your worry or anxiety:

An immediate family member	Worst-case scenario thinking
A non-family relationship	Financial
Occupation or work environment	Marriage
Social situations	Spiritual distress
Decision-making	Chronic health condition
Needing to control a situation	A new medical diagnosis

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Select or describe what you feel and how your body responds when you're worried or anxious. *If you're not sure, the next time you feel worried or get anxious, try to "freeze" the concern and evaluate how your body is responding.

Does your heart beat faster?

Do you feel shaky or tremble?

Do you get short of breath or breathe too fast?

Do you clench your jaw?

Do your shoulders get tense?

Do you pick/bite your nails, bite your lip, scratch your scalp?

Do you get butterflies in your stomach or rumbling intestines?

Do you feel angry, sad, depressed, discouraged, tearful, hate-filled, worn-out?

Is your mind exhausted, tired or is your mental stamina lower?

How much time do you spend replaying or working out your worry or problem.

Only if I deliberately dwell on it

When someone brings up the topic (like finances or marriage or family)

Often (at least twice a week)

Very often (more than twice a week)

Daily (at least once a day)

Hourly (it's always in my thoughts, even during the night)

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How does this imagined negative outcome benefit you? How does it help you to anticipate the future?

How does an imagined negative outcome harm you? Anticipating a negative outcome creates fear not faith. Fear does not bring peace. How might focusing on God and His Word strengthen you and build you up?

If you're ready to discover alternative thought paths and healing practices, listen in on the Anchored not Anxious podcast and subscribe to the CareLetter (if you haven't already).

RESOURCES

https://www.psychologytoday.com/us - access this site searching for anxiety, stress

https://self-compassion.org/self-compassion-test/ - created by Dr. Kristin Neff and made available to anyone who wants to evaluate if you are low in self-compassion. Self-compassion can be used to manage our anxiety, stress and worry

https://greatergood.berkeley.edu/mind_body - search this website for any articles relating to brain health and mental and emotional well-being

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