

Anxiety affects everyone differently. By exploring the situations, thoughts, physical sensations, and behaviors that accompany your anxiety, you can recognize patterns and better understand your experience.

What situations trigger your anxiety?

social situations, health concerns, driving, conflict, making mistakes, uncertainty about the future

How does anxiety show up in your body?

racing heart, upset stomach, sweating, muscle tension, shaking, shortness of breath, trouble sleeping

What thoughts do you have when you're anxious?

"Something bad will happen." "I won't be able to handle this." "What if I make a mistake?"

What do you avoid when you're anxious?

socializing, attending events or appointments, asking questions, trying new things, making decisions

How do you try to manage your anxiety?

over-preparing, asking for help, withdrawing, deep breathing, procrastinating, exercising, using alcohol