

Draw Your House

| | | | |
|------------------|--|--|-------------|
| Draw Your House | | This will help you refocus when your anxiety starts to take over | |
| Who Protects You | | | |
| Level 4 | | What does a life worth living look like | |
| Level 3 | | What makes you happy | |
| Level 2 | | What you want to feel | |
| Level 1 | | What you hide | Rock Bottom |

In level 1, write what rock bottom looks like for you. In the door, write what you hide from people who meet you. In the second level, write the things you want to feel more often. In the third level, write the things that make you happy. In the fourth level, write what your best life would look like. In the roof, write the people in your life that you can depend on. When you find yourself slipping back to level 1, use this sheet to remind yourself that people are there for you and take steps to help pull yourself out of the slump.

Anxiety Attack Symptom Tracker

Anxiety Attack Symptom Tracker

| | | | | | |
|------------------------|--|--|--|--|--|
| Accelerated Heart Rate | | | | | |
| Excess Sweating | | | | | |
| Shortness of Breath | | | | | |
| Feeling like Choking | | | | | |
| Trembling/Shaking | | | | | |
| Chest Pain | | | | | |
| Nausea | | | | | |
| Dizziness | | | | | |
| Crying | | | | | |
| Hyper ventilating | | | | | |
| Headache | | | | | |
| Abdominal Pain | | | | | |
| Hot Flash | | | | | |
| Chills | | | | | |
| Fear | | | | | |

Take data on your next 5 anxiety attacks. After the first attack, use column 1 to mark every symptom you experience. Take data 4 more times. After you complete this sheet, you can determine what triggers are most prevalent. You can start to work on ways to cope with the symptoms, and let your partner know so they can recognize your anxiety and help as well.

Anxiety Triggers

Anxiety Triggers

Use this to determine your most significant triggers

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

Doesn't affect me

Has a significant affect

| | | | |
|--------------------------|-----------------------------|--------------------------|-----------------------|
| <input type="checkbox"/> | Conflict/Drama | <input type="checkbox"/> | Bad Weather (Storms) |
| <input type="checkbox"/> | Large Crowds | <input type="checkbox"/> | Cold Weather (Winter) |
| <input type="checkbox"/> | Meeting New People | <input type="checkbox"/> | Leaving the House |
| <input type="checkbox"/> | Social Media | <input type="checkbox"/> | Being Alone |
| <input type="checkbox"/> | Having too much to do | <input type="checkbox"/> | Lack of Sleep |
| <input type="checkbox"/> | Things not going as planned | <input type="checkbox"/> | Hunger |
| <input type="checkbox"/> | Free time | <input type="checkbox"/> | Too much sleep |
| <input type="checkbox"/> | Loud noises | <input type="checkbox"/> | Not being clean |
| <input type="checkbox"/> | Guilt | <input type="checkbox"/> | Small Changes |
| <input type="checkbox"/> | Watching the News | <input type="checkbox"/> | Big Changes |
| <input type="checkbox"/> | Being in tight/small spaces | <input type="checkbox"/> | Disappointing People |
| <input type="checkbox"/> | Being around certain people | <input type="checkbox"/> | Traffic |
| <input type="checkbox"/> | Financial Issues | <input type="checkbox"/> | Having to say No |
| <input type="checkbox"/> | Relationship Issues | <input type="checkbox"/> | Messy House |
| <input type="checkbox"/> | Responsibility | <input type="checkbox"/> | Your job |
| <input type="checkbox"/> | Alcohol | <input type="checkbox"/> | Being Sick |
| <input type="checkbox"/> | Caffeine | <input type="checkbox"/> | Confrontation |

Go through this sheet and score each trigger. 1 means the trigger does not affect you. 10 means the trigger has a major affect on you. This will allow you to pinpoint what is most likely to make you anxious. You can start working on preventive measures to help. If you can, avoid the trigger (i.e. reduce caffeine use). If you cannot avoid the trigger, (your trigger is large crowds and you have to go to a family member's wedding) put strategies in place (telling the people you go with that it is a trigger and how they can help). This might take time to figure out but it is worth it.

Coping Strategies

Coping Strategies

Use this to determine your most helpful coping strategies

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

Doesn't help me

Helps me a lot

| | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | Positive Self Talk |
| <input type="checkbox"/> | Deep Breathing |
| <input type="checkbox"/> | Physical Contact (Hugs) |
| <input type="checkbox"/> | Take a Shower/Bath |
| <input type="checkbox"/> | Exercise |
| <input type="checkbox"/> | Go for a walk |
| <input type="checkbox"/> | Watch something funny |
| <input type="checkbox"/> | Color, paint or draw |
| <input type="checkbox"/> | Play with a pet |
| <input type="checkbox"/> | Talking on the phone |
| <input type="checkbox"/> | Texting |
| <input type="checkbox"/> | Talking in person |
| <input type="checkbox"/> | Talking via Social Media |
| <input type="checkbox"/> | Using Social Media |
| <input type="checkbox"/> | Playing a video game |
| <input type="checkbox"/> | Doing a puzzle |
| <input type="checkbox"/> | Listening to music |

| | |
|--------------------------|------------------------|
| <input type="checkbox"/> | Going offline |
| <input type="checkbox"/> | Reading a book |
| <input type="checkbox"/> | Eating a healthy food |
| <input type="checkbox"/> | Writing in a journal |
| <input type="checkbox"/> | Taking a nap |
| <input type="checkbox"/> | Cooking or baking |
| <input type="checkbox"/> | Dancing |
| <input type="checkbox"/> | Having a picnic |
| <input type="checkbox"/> | Going on a date |
| <input type="checkbox"/> | Making an action plan |
| <input type="checkbox"/> | Doing Yoga/Stretching |
| <input type="checkbox"/> | Mindfulness Activities |
| <input type="checkbox"/> | Doing a face mask |
| <input type="checkbox"/> | Decluttering |
| <input type="checkbox"/> | Doing nothing |
| <input type="checkbox"/> | Putting on Pajamas |
| <input type="checkbox"/> | Doing makeup/hair |

Go through this sheet and score each coping strategy. 1 means the strategy does not help you. 10 means the strategy helps you a great deal. This will allow you to pinpoint what strategies help you. You can start to build these strategies into your routine to help you cope when your anxiety is high. Share this list with the people close to you so they can help you implement these strategies when you need them to.

Discarding Lies/Finding Truth

| Discarding the Lie and Finding the Truth | |
|---|--|
| Anxiety tells us lies. Those lies are often rooted in a truth but distorts it to something much bigger. Being able to tease out and discard the false parts is an important skill for coping. | <div>Checklist</div> <div><input type="checkbox"/> Write out the scenario</div> <div><input type="checkbox"/> Pull out the truth</div> <div><input type="checkbox"/> Rewrite the lies</div> <div><input type="checkbox"/> Dispute those lies</div> |
| The Scenario _____ | |
| _____ | |
| The Truth _____ | |
| _____ | |
| The Evidence _____ | |
| _____ | |
| The Lies _____ | |
| _____ | |
| Dispute the Lies _____ | |
| _____ | |

This is a helpful worksheet when you get carried away with anxious thought. Often, those thoughts get inflated. In this worksheet, write out the scenario in your head. Focus on the parts that are actually true, and write those and the evidence that supports them. Then, write out the lies and how you know they are lies. Do this process whenever you can't control those thoughts to help ground yourself.

Discarding Lies/Finding Truth

Worry Jar

Write all of the things you are worried about in the jar, then put it away. When you are ready, pull it out and give yourself 5 minutes to worry about it, then put it away again. Use a timer.



This worksheet takes a LOT of will power but it can be very helpful. When your mind is spinning, write down everything that is stressful in the jar, then put it away. Try to not let yourself dwell and focus on other things. When you are ready, pull out this page and set a timer for 10 minutes. Allow yourself to use the time to think about all of those things, even if all you do is worry. When the timer goes off, stop. A lot of people cannot just “not worry” so this strategy gives them time to worry without letting it dominate their life.

The Couples Pact

The Couples Pact

Anxiety affects you and the person who spend your life with. If your partner is willing to participate, a couples pact can be a tremendously helpful tool so they know how to support you.

When I am having anxiety I feel _____

What helps me is _____

What I don't need is _____

My partner will _____

I will _____

We will get through this together

Only do this if your partner is a willing participant. If you find that your partner really wants to help you but they have no idea how to do so, this is a great tool. You can clearly lay out what they can do (i.e. give a hug, give space, cook dinner for you) and what you will do (communicate what you are feeling, refrain from yelling) so you both can manage your anxiety attacks better.

Worst Case Scenario

Worst Case Scenario

Use this to process worst case scenarios and manage the fear

My initial worry _____

Root of the worry _____

What trigger does it
align with? _____

What is the worst thing
that could happen _____

What would it look like
if that happened? _____

What is the best case
scenario _____

Can I do anything to
make that happen? _____

A lot of times we worry about worst case scenarios. The truth is, the worst case scenario MIGHT happen, but a lot of times it won't. This worksheet lets you walk through and process. You can figure out what you would do if the worst case happened so you could process that. You also can figure out what steps you can take to try and make a better outcome happen as well.