

My Anxiety



Complete this on your own or with a therapist to help give a better understanding of your feelings of anxiety. It can be useful to explore your anxious thoughts and feelings, as this can help you feel more in control of them. You can draw or write the answers.

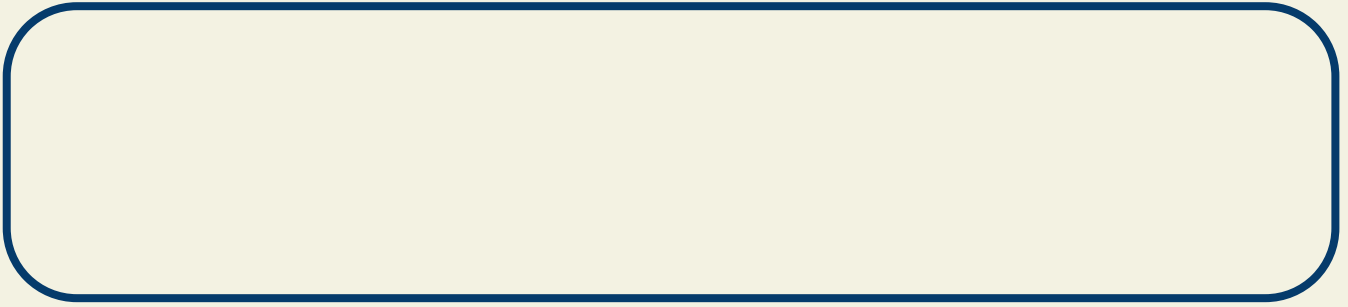
My anxiety feels like...

You could use metaphors (e.g. like the cold or a snake), or you could describe how it feels physically or mentally (e.g. tight in my chest)

If I was to draw my anxiety, what would it look like?

If I was to draw how I feel when I'm not anxious, what would that look like in comparison?

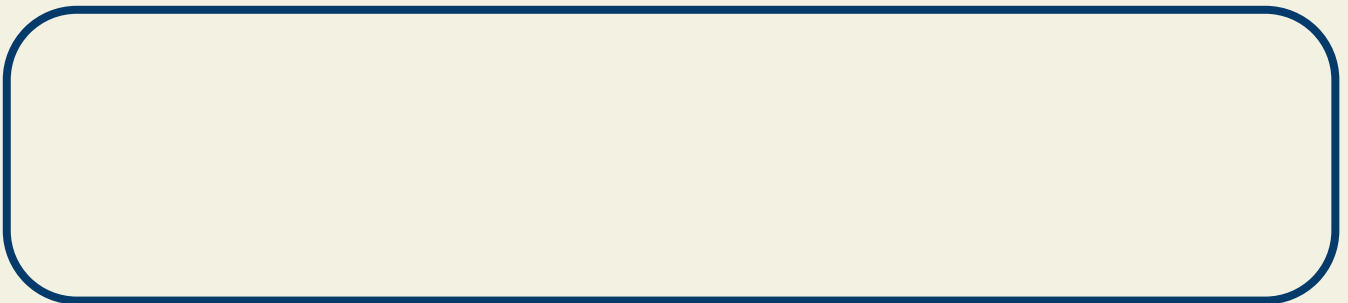
I feel more anxious when...



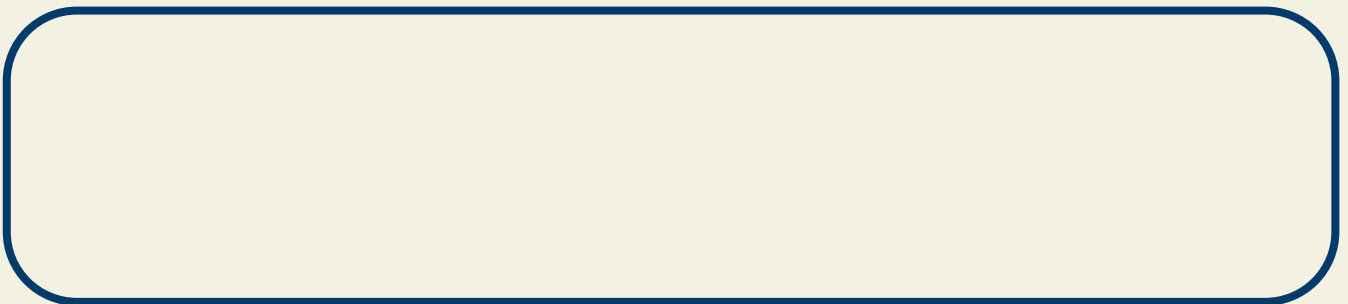
I feel less anxious when...



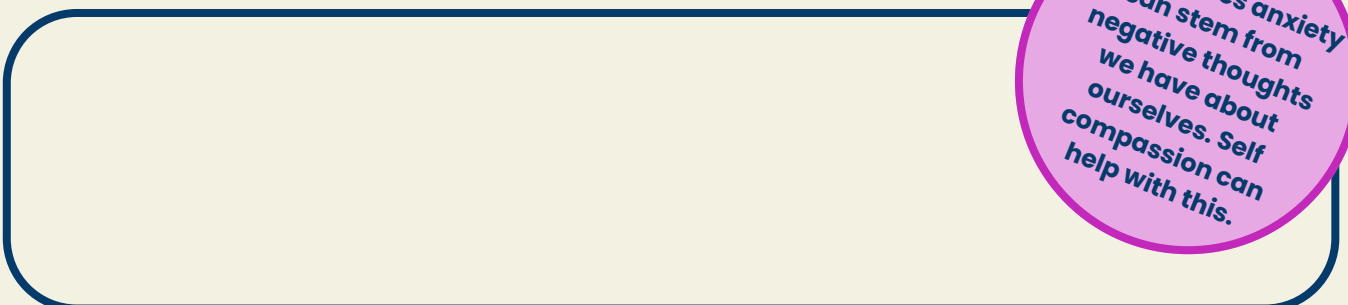
When did my anxiety start? What was happening? Who was there?



What small steps can I take to help me when I feel anxious?



What compassionate words could I say to myself?



Sometimes anxiety
can stem from
negative thoughts
we have about
ourselves. Self
compassion can
help with this.