

FEAR & ANXIETY

Name: _____

Date: _____



You are stronger than your anxious thoughts. Let's work through them together.

Identifying Fears

- What specific situation or thought is making me feel anxious?
- On a scale of 1-10, how strong is this fear right now?

Evidence Check

- What evidence supports this fear?
- What evidence goes against it?
- Is this fear based on facts or assumptions?

Thought Reframe

- Original anxious thought:

- A more balanced or helpful thought:

Exposure & Action Steps

- What's one small step I can take to face or reduce this fear today?
- If the fear does come true, how could I cope?

Reflection

- After using coping skills, rate your anxiety again (1-10): _____
- What did I learn about myself through this exercise?