



The Anxiety Worksheet

Strengthen the Rational You: Practice working on your Anxiety

Anxiety is often assuming not only that the worst can and will happen but that you will not be able to deal with it. Let us examine and test the theory.

1. What is it that I am anxious about?
2. On a scale of 1-10 (where 10 represents the most anxiety you have ever experienced and 1 is the least anxiety), how severe is this particular anxiety?
3. My worst FEAR is:
4. If the worst occurs, what might happen next?
What would be so bad about that?
5. Odds that my worst FEAR will happen? Rate it on a scale of 1-10
(10 representing complete certainty of the consequences)
6. What evidence do I have to support that my worst FEAR will come true?
7. Evidence against the likelihood of my worst FEAR? (Use the facts and real information at your disposal)
8. New odds that my worst FEAR will occur (0-10)
9. Can you now recalibrate your anxiety-meter alarm and rate how severe your anxiety in this situation should be?