

Anxiety Success Worksheet

1) High Anxiety (HA): Date: _____ Time: _____

Circumstance: _____

2) During your HA, what were some of the scariest sensations?

3) At the highest part of the HA, what were you most afraid would happen?
(Choose only one scary thought to work on. See how specific you can get.)

Was this scary thought connected with sensations?

4) What was the worst thing that actually happened as a result of the HA?

5) Circle some of the best “mits that fit” for your scary thought (from step 3):

Black-or-white (all-or-nothing) thinking

Confusing sensations with danger

Magical thinking:

Believing my thoughts will come true

Magnifying: Overestimating the risk

Minimizing: Underestimating
my ability to cope

Emotional reasoning:

Believing that when I feel anxious,
my scary thoughts become true

Confusing the bad with the likely

Catastrophizing:

Believing that something would be a
catastrophe, when it would really only
be an irritation or an inconvenience.

I was saved by:

- luck
- a “safe person”
- a safe place
- a safe object

My luck could run out

Confusing realistic danger with imagined
danger

6) New Thinking: Respond to the scary thought from step 3, addressing the “mits”:

7) What did you learn from the experience? Based on what you learned, what would you like to do differently next time?

8) What are some ways that this HA – and your response to it – is a success?