



## Module 1 – Worksheet

### Assignment 1: Triggers

As discussed in this module, anxiety is caused by a trigger. It may be a place, a person, a feeling etc. that leads to your anxiety rising and makes it unbearable to deal with.

**Task 1A:** Write down three different times you have felt anxious. Describe where you were, when it was and who you were with. The 5 W's may be helpful for this (Who, What, When, Where, Why).

1.	Who: What: When: Where: Why:
2.	Who: What: When: Where: Why:
3.	Who: What: When: Where: Why:

**Task 1B:** What are the similarities between all three of the situations. It could be the place, or maybe a smell? Consider every element of the scenario.

1.	
2.	
3.	

**Task 2A:** Create a list of the scenarios or triggers that you believe cause you to feel anxious.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



**Task 2B:** Rate the triggers on a scale of 1 to 100 for how anxious they make you feel.

1.	___ / 100
2.	___ / 100
3.	___ / 100
4.	___ / 100
5.	___ / 100
6.	___ / 100
7.	___ / 100
8.	___ / 100
9.	___ / 100
10.	___ / 100

.....

**Assignment 2:** What does anxiety feel like to you?

We all experience anxiety differently which is why there isn't a standard 'fix'. Below are some prompts to help you understand more about the anxiety you experience so that in the following modules, we can find tips that will work for you.

**Task 1:** Write down the thoughts that go through your head when anxious.

---

---

---

---

---

**Task 2:** Write down a list of at least 5 physical symptoms you experience when anxious

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Task 3:** Describe what happens when you begin to feel anxious.

---

---

---

---

---

**Task 4:** What is your biggest worry when anxious and why?

---

---

---

---

---





**Assignment 3:** How others can help you

**Task 1:** List the struggles you face when struggling with anxiety

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Task 2:** How would you describe what anxiety feels like?

---

---

---

---

**Task 3:** How would you describe the effect anxiety has on your life?

---

---

---

---

**Task 4:** What reassurance would you like to hear from those around you?

---

---

---

**Task 5:** Describe the type of support you would like to receive from others?

---

---

---

---

**Task 6A:** What advice would you give to someone else struggling with anxiety?

---

---

---

**Task 6B:** what advice would you give to someone experiencing an anxiety attack?

---

---

---

---



## Module 2 – Worksheet

### Assignment 1: Therapies

**Task 1:** What type of therapy is your favourite out of the ones listed in this module and why?

Therapy	Why it appeals to you most

**Task 2:** What is your least favourite therapy from the ones listed in this module and why?

Therapy	Why it appeals to you least

**Task 3:** Describe your experience of the following therapies:

CBT	
Counselling	
Mindfulness	
Medication	
Support Groups	
Self-help books	

**Task 4:** What type of therapy would you recommend and why?

Therapy	Why you'd recommend it

---

### Assignment 2: Self-help books

Read one of the recommended books and then a book of your choice. Once read, answer the below questions.

- Q1: What were the two books you read?
- Q2: Which one was your favourite and why?
- Q3: What was your favourite thing about Book A?
- Q4: What was your favourite thing about Book B?
- Q5: What was the most useful tip from Book A?
- Q6: What was the most useful tip from Book B?
- Q7: What was your least favourite thing about each book?
- Q8: Did you find Book A reduced your anxiety?
- Q9: Did you find Book B reduced your anxiety?



### Module 3 – Worksheet

#### Assignment 1: Main Goal Worksheet

In this module, we discussed that every person has a specific main goal for their life, such as a particular job or being able to do something they couldn't before. This worksheet is designed to help you uncover what your main goal is and what you need to do to reach it.

**Task 1A:** Think of all the things that fill up your life currently. Outline below what things you are happy with.

---

---

---

**Task 1B:** Now, outline what areas you feel are not fulfilled in your life (this can also include things that you would like to do).

---

---

---

---

**Task 2:** Looking at the above list of areas that you feel you are lacking or things that you would like to have, what is the one that is most desirable for you and why? This will be your main goal for this assignment.

Most desirable aspect	Why?

**Task 3:** What challenges may you face when working towards this main goal?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Task 4:** For each challenge listed in the previous task, what is a possible solution?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Task 5:** Outline below a series of steps that you would need to take in order to accomplish your main goal. As discussed in this module, consider them as stepping stones and smaller goals.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_







**Task 4:** Create a list of rewards that could be done in half a day. Write them on a lollipop stick or a small piece of paper and then put into a jar. That jar can then be used any time you have had an unexpected challenge in a day, you can give yourself an unexpected reward.

**Note:** As things become easier in life, it is tempting not to reward yourself as often as you do in the early stages as it may not be practical. Without rewards though, you may find you slowly slip back so make sure to always do something positive at least once a week and give yourself time to rest.

Worksheet - Action Plan Worksheet

The worksheet can be used as a guide for completing any goals you may have, whether big or small, professionally or socially.

Goal:	
Reason for goal:	
Reward for goal:	
Steps needed to achieve the goal:	1. 2. 3.
Potential Challenges:	1. 2. 3.
Potential Solutions:	1. 2. 3.
Date Completed:	

Goal:	
Reason for goal:	
Reward for goal:	
Steps needed to achieve the goal:	1. 2. 3.
Potential Challenges:	1. 2. 3.
Potential Solutions:	1. 2. 3.
Date Completed:	



### Module 4 – Worksheet

**Assignment:** Mindfulness Exercises

In this module, we discussed various mindfulness techniques as well as other disciplines that overlap the area of mindfulness.

**Task 1:** What would you describe as mindfulness?

---

---

**Task 2:** Which of the techniques discussed would you want to try first and why?

Technique	Why?

**Task 3:** Discuss your thoughts on each technique:

Mindfulness	
Meditation	
Yoga	
Tai-Chi	
Grounding	
Progressive Muscle Relaxation	
Breathing Exercises	

**Task 4:** Pick 3 techniques to try out. Before trying them out, discuss your hopes and concerns for each. After trying them out, discuss your findings. Will you use them again?

	Technique	Hopes/Concerns
1		Hopes:  Concerns:
2		Hopes:  Concerns:
3		Hopes:  Concerns:





### Module 5 – Worksheet

#### Assignment: Thinking Errors

**Task 1** - Write down three thinking errors you may be experiencing.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Task 2** - For each of those thinking errors, write down the effects (both mental and physical) that it has on you.

1	Mental:	Physical:
2	Mental:	Physical:
3	Mental:	Physical:

**Task 3** - For each of the thinking errors, assess where/when you would be thinking in that negative pattern.

1	
2	
3	

**Task 4** - For each thinking error, write down a healthier way of thinking about the situations, that would eliminate the thinking error.

1	
2	
3	

.....

#### Assignment: Safety Behaviours

**Task 1** - In this module, safety behaviours were discussed. Think about what behaviours you may implement when feeling anxious and write them down.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**Task 2** - Write down why you believe these safety behaviours help you to cope with anxiety.

---

---

---

**Task 3** - Think about certain situations where you would use those safety behaviours. Write down ways that you could avoid using them. For example, instead of leaving the room, you could focus on a particular task and then leave for a break or when you've finished it.

Safety Behaviour	Ways to avoid using them



**Assignment:** Exposure Plan

**Task 1** - Think back to the situations you struggle in and write down three of the ones you would most like to not feel anxious in.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Task 2** - For each of those situations, write down the reasons you get anxious there (for example is it too loud, too busy, too hot etc.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Task 3** - Now for each situation, make a list of ten steps. The tenth step will be the actual situation you named at the start. For the other steps, try and think of situations where you are less anxious but experience one of the reasons for feeling anxious.

Situation	Steps
1	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> <li>6.</li> <li>7.</li> <li>8.</li> </ol>



	9. 10.
2	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
3	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.

**Task 4** - Work your way through each of the steps and for each one, document where you went, what happened, how you felt and write the dates that you repeat that step until you don't feel anxious there anymore.



### Module 6 – Worksheet

Monday Date:	Goal:	Reward:
Tuesday Date:	Goal:	Reward:
Wednesday Date:	Goal:	Reward:
Thursday Date:	Goal:	Reward:
Friday Date:	Goal:	Reward:
Saturday Date:	Goal:	Reward:
Sunday Date:	Goal:	Reward:
Notes:		
Monday Date:	Goal:	Reward:
Tuesday Date:	Goal:	Reward:
Wednesday Date:	Goal:	Reward:
Thursday Date:	Goal:	Reward:
Friday Date:	Goal:	Reward:
Saturday Date:	Goal:	Reward:
Sunday Date:	Goal:	Reward:
Notes:		

