

# Change How You *'Do'* Anxiety Worksheet



Welcome to the "**Change How You Do Anxiety**" worksheet! This tool is designed to help you understand your anxiety patterns and empower you to manage them effectively. This worksheet draws inspiration from Dialectical Behavior Therapy (DBT), which helps you understand and manage your emotions. By tuning into and describing your experience with anxiety, you gain insight into what triggers it and find healthier ways to cope. This process allows you to step back from intense feelings and regain control.

Remember, when you can change how you do anxiety, you can choose to do it differently. And this is a lot easier to do than getting rid of it. This will naturally and automatically make you feel more in control in the long run!

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## 1. Identify Your Triggers:

Take a moment to recognize what triggers your anxiety. Triggers can vary from person to person and may include specific times of day, interactions with certain people, or being in particular locations. Consider the example of my client, Jennifer, who experienced anxiety around 10 AM every day. It turned out she wasn't eating breakfast and was experiencing low blood sugar. By fueling her body, she quickly eliminated 80% of her battle. Write two or three sentences describing your main triggers.

### [Write Your Answer]

Person- (Example: your boss, partner, kids)

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Time of day- (Example: before dinner)

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Subject matter- (Example: finances, relationship)

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## 2. Recall a Recent Moment of Anxiety:

Visualize a recent experience of anxiety. Consider what might have happened just before the anxiety hit. Reflect on what made you vulnerable to experiencing heightened anxiety. For

instance, one client was stressed about her boyfriend cheating on her, while another was overwhelmed with work deadlines. What major factors made your nervous system vulnerable?

Write down any thoughts you were experiencing during anxiety. Be aware of these thoughts as you write them down.

**[Write Your Answer]**

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**3. What words do you say** to yourself when you experience anxiety, and notice where you hear them in your mind, (up down, of center, left or right)

**[Write what you say and where you hear them]**

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**[Write the words out exaggerated]**

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#### 4. Notice Your Behavior:

Observe your behavior during anxiety. Do you engage in specific actions like pacing or cleaning?

Consider how your behavior changes when you're anxious. For example, one client paces around her home, while another becomes hyper-critical and starts cleaning excessively.

Write down any actions you engage in when experiencing anxiety.

**[Write Your Answer]**

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**Write what you do out exaggerated]**

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## 5. Observe Your Body Language:

Pay attention to your facial expressions and body language during anxiety. Notice any specific cues such as clenched fists or rapid movements. Consider the example of a client who pursed her lips and another who made fists with her hands unconsciously.

Write down any specific facial expressions or body language cues you notice during anxiety.

**[Write Your Answer]**

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**Remember:** when you exaggerate things, you naturally and automatically take control. You can exaggerate slowing down the words you say, your facial movements, and your body movements in an exaggerated way. By doing so, you're controlling your body and thoughts versus the other way around. When things are exaggerated and completely ridiculous, they become less important to the brain. And when the brain doesn't care about what's not important, it begins to relax. So, go ahead and embrace the absurdity as you explore how to manage your anxiety differently!