

CBT Worksheet for Anxiety

Name Lili Aldrin	Date March 6, 2023
<p>Think of a situation that triggers your anxiety and answers the prompts provided by writing down your thoughts, physical sensations, and coping strategies, plan of action for dealing with your anxiety in the situation, and identify positive outcomes that could result from facing your fears.</p>	
<p>Situation Describe the specific situation that triggers anxiety in you. It could be a particular social event, an upcoming test, or even a general fear that you experience regularly.</p> <p>My supervisor asked me to discuss a certain topic in front of my colleagues.</p>	
<p>Anxiety Scale On a scale from 1-10, how anxious does the situation make you feel? Write down your score.</p> <p>8</p>	
<p>Thoughts Write down the thoughts that come to your mind when you encounter the triggering situation. These thoughts often contribute to the anxious feelings they experience.</p> <p>I thought of failing and not being able to speak properly in front of them.</p>	
<p>Emotions Write down the emotions you feel in response to your thoughts. For example, you might feel scared, nervous, or overwhelmed.</p> <p>I felt anxious, nervous, and rattled.</p>	

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Whispering the Secrets of Language: An Mental Journey through **Materials Handouts And Worksheets Af Cbt**

In a digitally-driven world wherever monitors reign supreme and instant interaction drowns out the subtleties of language, the profound strategies and emotional subtleties hidden within words often get unheard. However, located within the pages of **Materials Handouts And Worksheets Af Cbt** a fascinating literary prize blinking with natural feelings, lies an extraordinary quest waiting to be undertaken. Penned by a skilled wordsmith, this wonderful opus encourages viewers on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within the cloth of every word. Within the emotional depths of the emotional evaluation, we can embark upon a genuine exploration of the book is primary subjects, dissect its captivating publishing design, and yield to the effective resonance it evokes deep within the recesses of readers hearts.

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