



My Anxiety

Complete this on your own or with a therapist to help give a better understanding of your anxiety.

There is no quick fix for anxiety. However, it can be useful to explore your anxious thoughts and feelings, as this can help you feel more in control of them.

You can draw or write the answers.

My anxiety feels like:

Using metaphor Eg. like an electric current, or a metal cage.

Or you can describe how it feels physically/mentally eg. tight in my chest or overwhelming

If I was to draw my anxiety what would it look like?



If I was to draw how I feel when I'm not anxious it would look like?

I feel more anxious when:

I feel less anxious when:

When did it start?

Think about when in your life you started to be overwhelmed by anxiety, who was in your life, what were you doing, where were you?



What small steps can I take to help me when I feel anxious?

The negative thoughts you may have about yourself because of your anxiety can make things worse. Trying to be understanding and compassionate towards yourself can help you through this.

What compassionate words could you say to yourself?