

Anxiety Reflection Worksheet

Separate what is happening from what your mind predicts.

What happened?

Describe the moment in plain, observable language.

What is my mind predicting?

Write the feared outcome without debating it yet.

What do I know right now?

Separate facts from possibilities, assumptions, and unanswered questions.

What do I notice in my body?

Name sensations, urges, breath, temperature, or movement.

What is within my control now?

Choose one request, decision, or pause for the next ten minutes.

Anxiety Journal Prompts

After the first page, choose one or two questions that fit the situation.

1

What has helped me move through a similar moment?

2

What kind of help could I ask for before I have all the answers?

3

What would I say to someone I care about in this situation?

4

What decision or task can I postpone?

5

What uncertainty can I leave unanswered for the next hour?

6

What answer am I hoping to hear? What can I do while I do not know?
