

➔ Anxiety Management Training Worksheet

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Anxiety is a universal symptom that each person has to learn to manage. Anxiety management is a skill and takes practice and effort to master. Each person can develop cognitive, behavioral and emotional strategies for the type of anxiety they experience. Develop a plan based on the following questions or coping statements:

➔ Anxiety Management Coping Statements

- This is just anxiety; I am learning bit by bit how to handle it.
- This feeling isn't comfortable or pleasant, but I can accept it.
- I am learning how to handle these symptoms and sensations.
- This is an opportunity to cope with my fears.
- This will pass, even though it does not feel good.
- I deserve to feel ok right now.
- This is only a feeling of anxiety; I have survived it before and I will again.
- I can do what I have to do in spite of anxiety.
- These are fight-or-flight reactions—they won't hurt me.
- This is the way that my mind and body express stress—I will be ok.
- This is just anxiety; I am not going to let it get to me.
- Fighting and resisting is not going to help, so I will just let this pass.
- I am anxious—so what!
- It is ok to be anxious—this is normal.
- I am anxious and it is ok to ask for help.
- Everyone feels anxious sometimes, so it's ok.
- These are just thoughts—not reality.
- I don't need these thoughts—I can choose to think differently.
- This will pass.
- I can take all the time I need to let go and relax.
- If I do get anxious, I can take a step back and take a deep breath.
- Each time I work through my anxiety, it will get easier.

**Adapted from the Anxiety and Phobia Workbook, by Edmund J. Bourne

➔ Web Sites

- American Association of Anxiety Disorders www.adaa.org
- The Social Phobia/Social Anxiety Association www.socialphobia.org
- Obsessive-Compulsive Foundation www.ocfoundation.org
- The Beck Institute for Cognitive Therapy and Research www.beckinstitute.org

➔ Resources

- Anxiety and Phobia Workbook Edmund J. Bourne
- Shyness and Social Anxiety Workbook Martin M. Antony and Richard P. Swinson
- OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder Dr. Bruce M. Hyman, PhD, and Cherry Pedrick, RN
- The Relaxation Response Herbert Benson

➔ Anxiety Problem-solving Questions

How can I plan ahead for situations where I will feel anxious?

What are some methods of distraction that would be helpful?

What cognitive or behavioral strategies would help calm my anxiety?

➔ Anxiety Management Plan/Solutions:

1. _____

2. _____

3. _____

4. _____
