

CBT Worksheet For Generalized Anxiety

What's Making Me Anxious?

What are you thinking about or imagining that's causing anxiety?

What Am I Telling Myself?

Write down your automatic thoughts.

(Examples: "Something bad will happen," "I won't be able to cope," "What if I mess up?")

How Strong Is the Anxiety?

Rate your anxiety on a scale from 0 (no anxiety) to 10 (very anxious):

Anxiety Level: ____ / 10

Check the Thought

Ask yourself:

- What's the evidence *for* this thought?
- What's the evidence *against* it?
- Am I predicting the worst?
- Have I gotten through this before?

More realistic or balanced thought:

(Examples: "I've handled things like this before," "Even if it's hard, I'll find a way.")

What Can I Do Right Now?

Pick one action to move forward or take care of yourself:

- ☐ Break the problem into steps
- ☐ Focus on what I *can* control
- ☐ Practice a calming strategy (see below)
- ☐ Talk to someone I trust
- ☐ Do something meaningful or distracting
- ☐ Other: _____

My next step: _____

Calming Tools

- ☒ Deep breathing (in 4, hold 4, out 6)
- ☒ Grounding: 5-4-3-2-1 (senses)
- ☒ Go for a walk
- ☒ Listen to music or meditate
- ☒ Remind myself: "Worry is a thought, not a fact."