

Anxiety Triggers Worksheet

Map one anxious moment so you can spot patterns, understand your reactions, and choose a steadier response next time.



THE TRIGGER

What happened? Include who, what, where, and when.



BODY SIGNALS

What sensations showed up in your body?



THOUGHTS & FEELINGS

What did your mind predict or assume?



ACTIONS & URGES

What did you do or feel pulled to do?



WHAT HELPS?

What skill, support, or next step could help?



PATTERN NOTES

What theme do you notice across similar moments?
