

# Anxiety Triggers Worksheet

## Understanding Your Anxiety Triggers

Anxiety triggers are situations, thoughts, or experiences that activate feelings of stress and fear. Identifying these triggers is the first step toward managing anxiety effectively. This worksheet will help you recognize and understand your triggers and develop strategies to cope with them.

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### Step 1: Identify Your Triggers

Think about recent times when you felt anxious. What was happening? Who was there? What thoughts ran through your mind? Use the prompts below to reflect on possible triggers.

1. **Situational Triggers** – Are there specific places, events, or situations that increase your anxiety?
  - Example: Public speaking, crowded places, work deadlines.
2. **Emotional Triggers** – Do certain emotions tend to bring on anxiety?
  - Example: Feeling out of control, rejection, loneliness.
3. **Thought-Based Triggers** – Are there recurring thoughts that lead to anxious feelings?
  - Example: "I'm not good enough," "Something bad is going to happen."
4. **Physical Sensations** – Does a particular bodily sensation trigger anxiety?
  - Example: Increased heart rate, shortness of breath, dizziness.
5. **Environmental Triggers** – Are there specific sounds, smells, or visuals that spark anxiety?
  - Example: Sirens, confined spaces, specific scents.

Write down three common anxiety triggers you have noticed:

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
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### Step 2: Explore Your Reactions

For each trigger you listed, answer the following:

1. What immediate thoughts come up when this trigger occurs?

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- Example: "I will embarrass myself."
- 2. What emotions do you feel?
  - Example: Fear, frustration, helplessness.
- 3. How does your body respond?
  - Example: Heart racing, tense muscles, sweating.

Write down your responses for one of your triggers:

- **Trigger:** \_\_\_\_\_
  - **Thoughts:** \_\_\_\_\_
  - **Emotions:** \_\_\_\_\_
  - **Body sensations:** \_\_\_\_\_
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### Step 3: Develop Coping Strategies

Now that you've identified your triggers and reactions, you can explore ways to manage them. Worksheets to help develop coping strategies can be found at [mindandmoodmatters.com](http://mindandmoodmatters.com)

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### Reflection and Action Plan

1. What is one trigger you feel ready to work on first?  
\_\_\_\_\_
  2. What is one small step you can take today to manage it?  
\_\_\_\_\_
  3. Who can support you in this process?  
\_\_\_\_\_
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### References

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