

Gratitude for Anxiety Worksheet

Introduction

Gratitude is a powerful tool for managing anxiety. Research shows that practicing gratitude can help shift focus away from worry and negative thoughts, promoting a more positive and balanced mindset (Emmons & McCullough, 2003). This worksheet will guide you through exercises designed to cultivate gratitude and reduce anxiety.

Step 1: Understanding Gratitude and Anxiety

Anxiety often stems from uncertainty, fear, and a focus on potential negative outcomes. Gratitude, on the other hand, encourages appreciation for what is present and positive in life. By actively practicing gratitude, you can reframe anxious thoughts and develop a more optimistic perspective (Wood et al., 2010).

Step 2: Gratitude Reflection Exercise

Take a moment to reflect on the following questions and write your responses:

1. What are three things you are grateful for today?

- 1. _____
- 2. _____
- 3. _____

2. Think about a time when you overcame a challenge. What did you learn from it?

3. Who in your life has positively impacted you? How have they helped you?

4. What is something small but meaningful that brought you joy recently?

Step 3: Reframing Anxious Thoughts with Gratitude

Use gratitude to shift your perspective on anxious thoughts. Fill in the blanks below:

- **Anxiety Thought:** "I am worried that I will fail at _____."
 - **Gratitude Reframe:** "I am grateful for the opportunity to learn and grow from this experience."

Gratitude for Anxiety Worksheet

- **Anxiety Thought:** "I feel overwhelmed by _____."
 - **Gratitude Reframe:** "I am thankful for the strength to face challenges and the support I have."
 - **Anxiety Thought:** "I fear things won't go as planned."
 - **Gratitude Reframe:** "I appreciate the lessons that come from unpredictability and change."
-

Step 4: Daily Gratitude Habit

To make gratitude a regular practice, try these daily exercises:

- **Keep a Gratitude Journal:** Write down three things you're grateful for each night before bed.
 - **Gratitude Jar:** Write small gratitude notes and collect them in a jar to reflect on later.
 - **Express Appreciation:** Send a thank-you message to someone who has supported you.
 - **Mindful Gratitude:** Take a deep breath and mentally list five things you appreciate in the present moment.
-

Final Reflection

After completing this worksheet, reflect on how gratitude influences your mood and anxiety levels:

- **What changes did you notice in your thoughts or feelings?**
 - **How can you incorporate gratitude into your daily routine?**
-

References

- Emmons, R. A., & McCullough, M. E. (2003). "Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life." *Journal of Personality and Social Psychology*, 84(2), 377-389.
- Wood, A. M., Froh, J. J., & Geraghty, A. W. (2010). "Gratitude and well-being: A review and theoretical integration." *Clinical Psychology Review*, 30(7), 890-905.