



Worry Worksheets

Designed using Cognitive Behavioural Therapy
techniques to help you manage your worries and
reduce your anxiety

By Shades Of Psych

Anxiety and Worry

Generalised anxiety can cause you to feel anxious about a wide variety of situations or issues.

Anxiety in some instances can be helpful as it allows us to be aware of potential threats or danger. However anxiety becomes unhelpful when our worries become excessive and we see it impacting our everyday life.

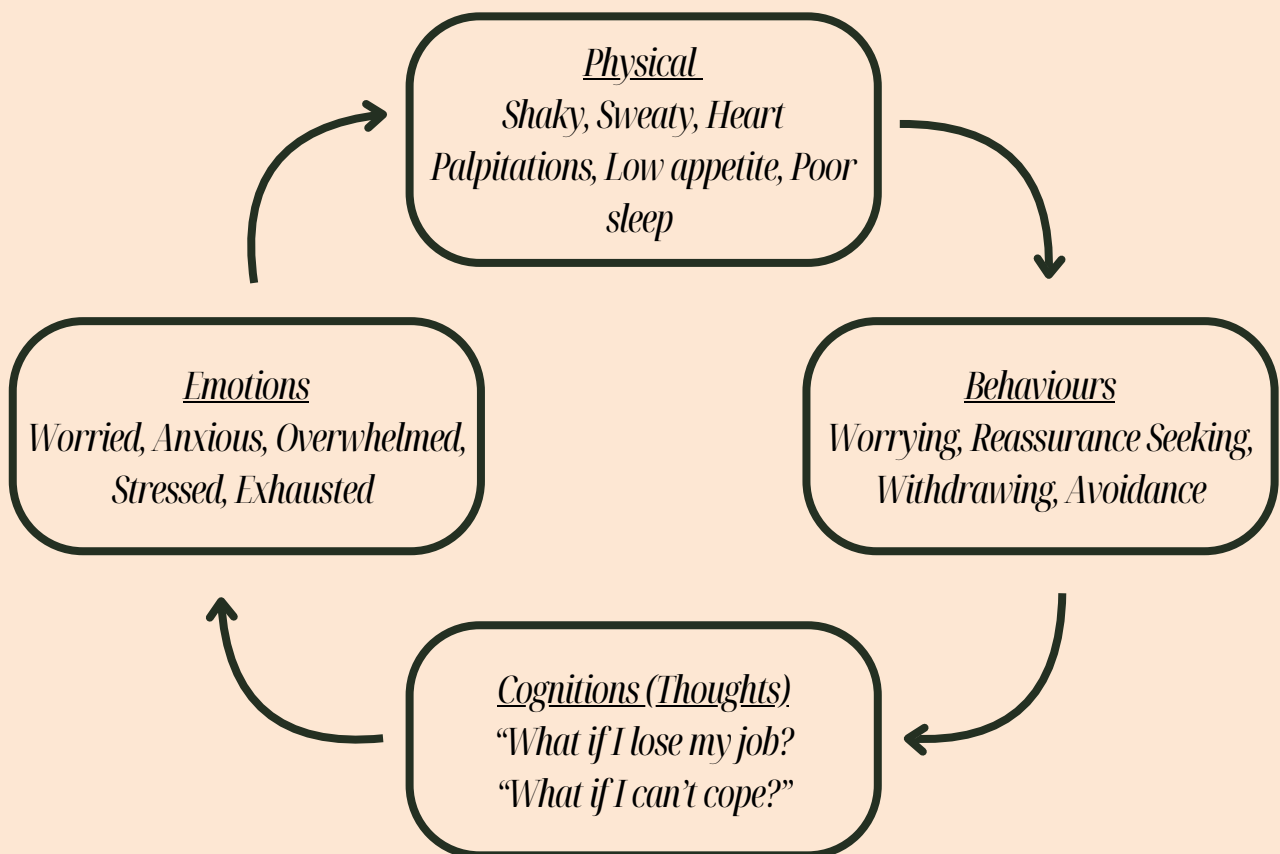
It is impossible to completely get rid of our worries but IT IS possible to reduce and manage them.

These worksheets will provide you with techniques to make your worries more manageable which can help reduce your anxiety.

The Cycle of Worry

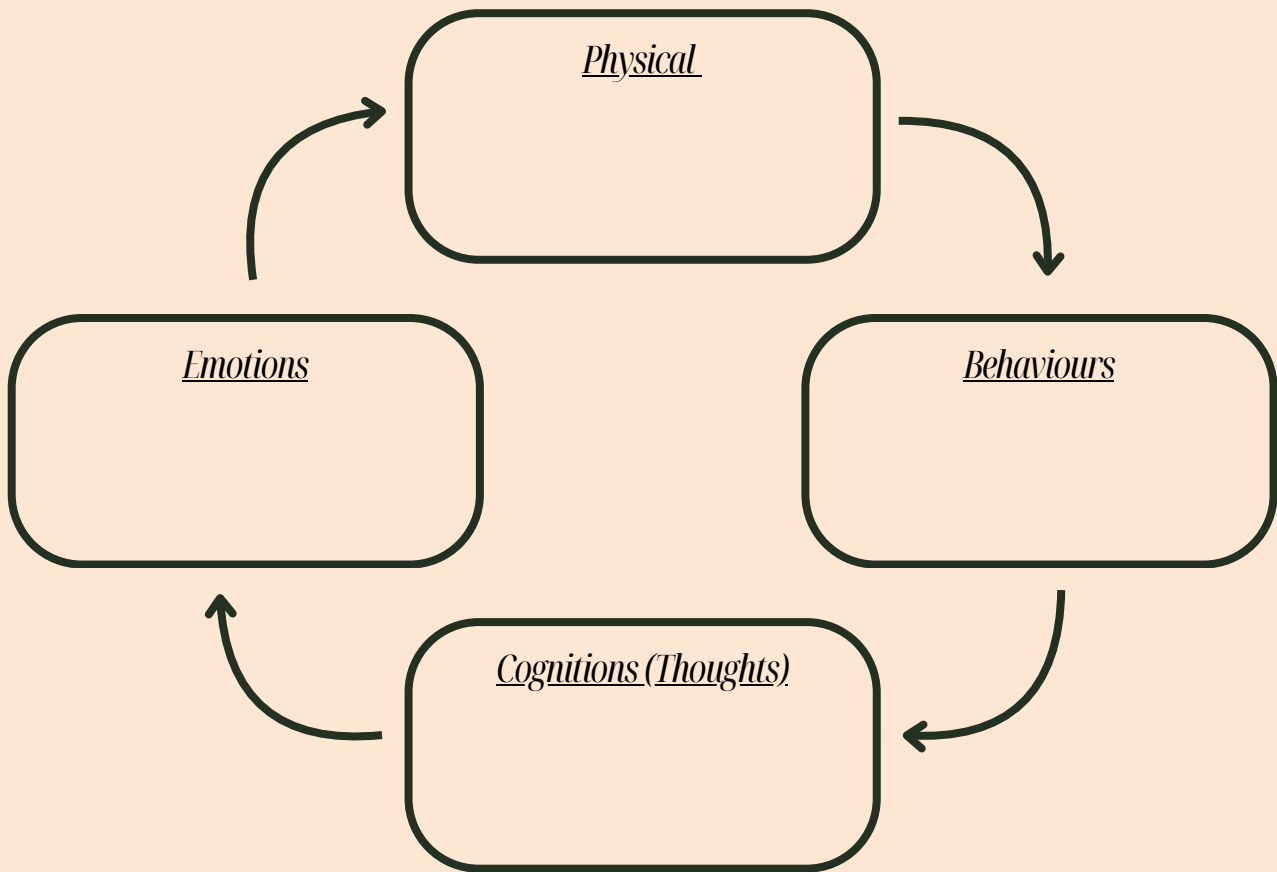
Worry can be maintained by engaging in unhelpful cycles of behaviour. Cognitive Behavioural Therapy highlights how our behaviours, thoughts, physical Symptoms and Emotions can all influence each other and keep us stuck in a worry cycle or anxious mood.

Here is an example of a cycle of worry below:



Your Cycle of Worry

Create your cycle of worry below:



Disciplining your Worries

It's time to set a designated time of day each week to allow yourself to worry.

This is because worries will not go away if you completely ignore them. However that doesn't mean we need to give them all of our attention all of the time

Creating a strict schedule and boundaries of when you are allowed to worry gives you more control and also lets your worries know you have a strict time where they can have your full attention.

My disciplined worry time is: _____

Worry Tree

Use this tree to help identify the type of worry you are experiencing to help learn how to manage them

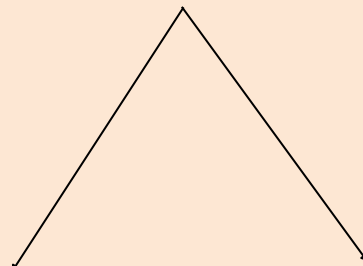
Notice the Worry

Ask yourself "What am I worrying about?"



Question the Worry

Ask yourself "Can I do anything about the worry?"



YES

Practical

NO

Hypothetical

List all possible solutions



Action Plan and Schedule

(Who, What, When, Where, How)



Refocus attention back
to the present

Let the worry go



Refocus attention back
to the present

Affirmations for Anxiety

- I am safe and in control of my thoughts.
- I let go of worry and focus on the present moment.
- I am more than my anxious thoughts.
- Its okay to feel anxious, I am human and learning to manage it.
- I choose to focus on what I can control and release what I cannot.
- I choose kindness and patience for myself.

Worry Management

Types of worrries

Practical

Hypothetical

Practical Worry Solutions

All Possible Solutions

Pros and Cons of possible Solutions:

✓	✗

Refocusing Technique :

To refocus from hypothetical worries use the following refocusing technique:

Progressive Muscle Relaxation Grounding Technique

- ☐ Make yourself comfortable and take a few deep breaths
- ☐ Start at the bottom of your body, curl your toes tightly then release
- ☐ Make your way up your body focusing on different muscle groups
- ☐ Hold tension in each muscle group for 5-10 seconds then release
- ☐ Repeat the following steps as many times as needed

Action Steps of chosen solution (Who, What, When, Where, How)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Worry Management

Types of worrrries

Practical

Hypothetical

Practical Worry Solutions

All Possible Solutions

Pros and Cons of possible Solutions:

✓	✗

Refocusing Technique :

To refocus from hypothetical worries use the following refocusing technique:

Box Breathing Grounding Technique

- ☐ Inhale slowly to a count of **Four**
- ☐ Hold your breath for a count of **Four**
- ☐ Exhale slowly to a count of **Four**
- ☐ Inhale slowly to a count of **Four**
- ☐ **Repeat** as many times as Necessary

Action Steps of chosen solution (Who, What, When, Where, How)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Worry Management

Types of worrrries

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Practical Worry Solutions

All Possible Solutions

Pros and Cons of possible Solutions:

✓	✗

Refocusing Technique :

To refocus from hypothetical worries use the following refocusing technique:

5-4-3-2-1 Grounding Technique

- ☐ Focus on **FIVE** things you can see
- ☐ Focus on **FOUR** things you can touch
- ☐ Focus on **THREE** things you can hear
- ☐ Focus on **TWO** things you can smell
- ☐ Focus on **ONE** thing you can taste

Action Steps of chosen solution (Who, What, When, Where, How)

- ☐

- ☐

- ☐

- ☐

- ☐

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Action Steps of chosen solution (Who, What, When, Where, How)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Worry Management

Types of worrrries

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Practical Worry Solutions

All Possible Solutions

Pros and Cons of possible Solutions:

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Refocusing Technique :

To refocus from hypothetical worries use the following refocusing technique:

A-Z Categories Grounding Technique

Think of a category e.g Countries, Animals, Intruments etc

Think of a something within that catergory starting from A-Z

Repeat the task but working backwards from Z-A

Action Steps of chosen solution (Who, What, When, Where, How)

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Anxiety Reflections

WHAT HAVE I LEARNT ABOUT MY ANXIETY?

WHAT HAS BEEN HELPFUL FOR ME REDUCING
MY ANXIETY?

WHAT IS AN AFFIRMATION I CAN USE WHEN FEELING
ANXIOUS?

HOW CAN I CONTINUE TO WORK ON MY ANXIETY?

WHAT IS ONE SMALL CHANGE I CAN MAKE TO HELP EASE MY
ANXIETY?



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Notes

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