

Anxiety Worksheet for Teens

Name	Date
“I CAN POWER THROUGH MY ANXIETY!” It’s okay to feel anxious. The important thing is that you’re able to find it within you to work through it! It takes time to get the determination to do that so we’re going to take baby steps by starting with this exercise. We believe that you can power through your anxieties! We just need to identify them, as well as have you indicate how you feel and react in relation to your bouts with your anxieties. Please be as detailed as you can as you write down your answers below.	
QUESTIONS	
The three things that make me the most anxious are...	
1.	
2.	
3.	
When I feel anxious...	
<i>My body goes through...</i> Indicate physical changes like “My skin started to feel cold,” “I have trouble breathing,” I feel a sharp pain in my chest,” or “My voice starts to tremble.”	
<i>I think about...</i> Indicate the kinds of thoughts you have when you’re anxious, like suddenly feeling like you will fail at something, thinking about isolating yourself, thinking that you’re being judged, etc.	

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And in response, I...

Mention any responses that you do when you feel anxious, like nail biting, pacing around the room, actually isolating yourself, crying, etc. Please note that the things you should write here are not coping activities.

When I feel anxious, I do the following to cope...

Here's a checklist of things with general coping activities. Please tick the ones that apply to you. You may even add your own in the third column! If you haven't tried any of these, well then you might want to try and see which one helps you calm down and relax.

☐ Meditate	☐ Exercise	_____
☐ Go out for a walk	☐ Practice mindfulness	_____
☐ Play with my pet(s)	☐ Write	_____
☐ Talk to a friend	☐ Draw or paint	_____
☐ Talk to my parent(s)	☐ Ride a bike	_____
☐ Play video games	☐ Cook or bake	_____
☐ Sing	☐ Eat	_____
☐ Play an instrument	☐ Clean my room/house	_____

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What do I think I need to power through my anxiety?

Based on what you wrote, would you know and would you like to share what you think you need to do or what you need from others (including me, your therapist) in order to help you contain and combat your anxiety? Do your best to be as detailed as you can.