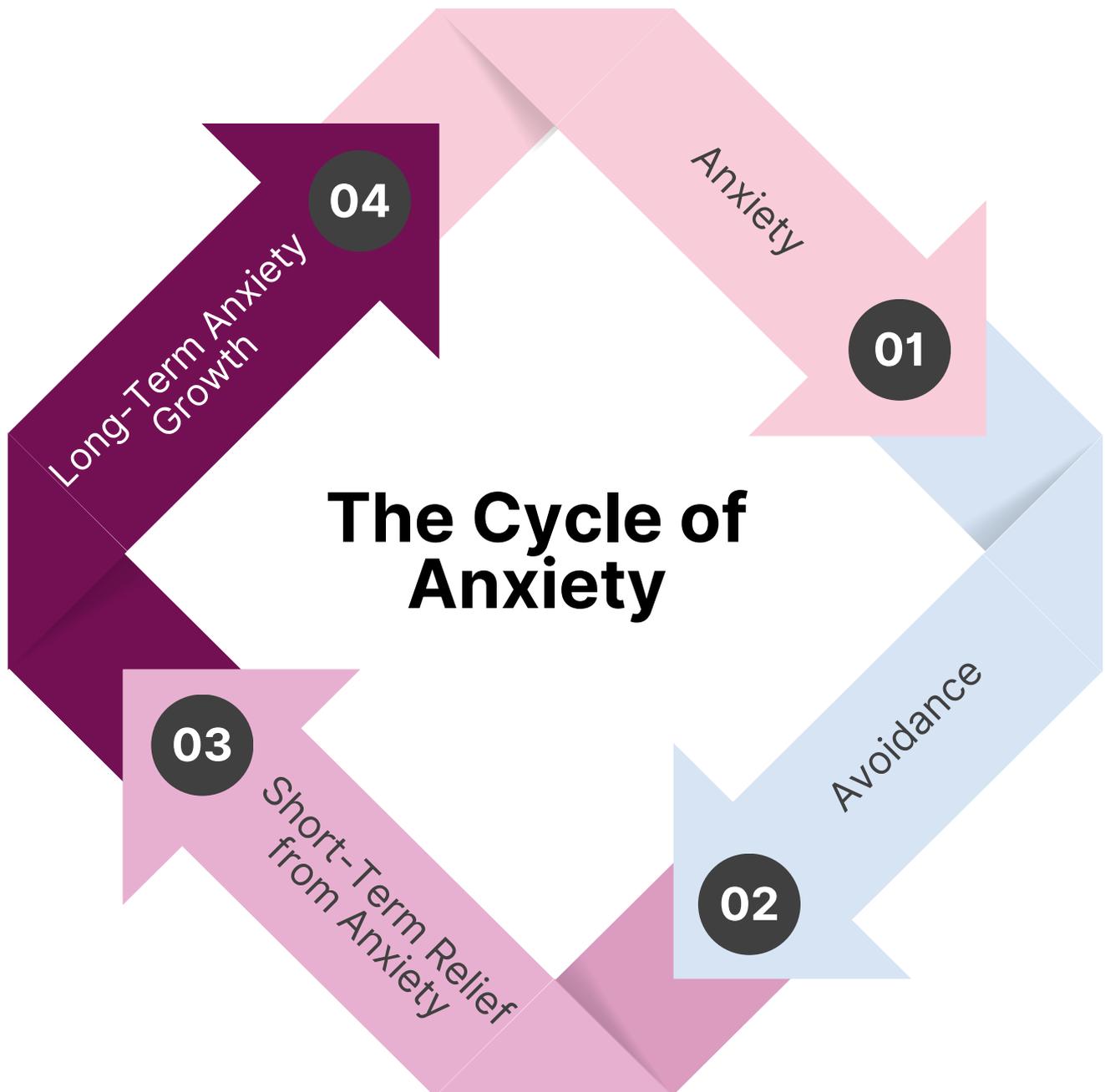


Cycle of Anxiety Worksheet

Anxiety can often feel like a never-ending loop. Understanding how this cycle works is the first step in breaking free. This worksheet will guide you through the cycle of anxiety and provide strategies to interrupt and manage it.



Cycle of Anxiety Worksheet

THE CYCLE OF ANXIETY

ANXIETY

An anxiety-producing situation leads to uncomfortable symptoms such as worry, fear, a racing heart, sweating, or a feeling of being overwhelmed.

AVOIDANCE

Uncomfortable symptoms are controlled by avoiding the anxiety-producing situation.

Examples of avoidance include:

- Skipping class to avoid giving a presentation
- Using drugs or alcohol to numb feelings

SHORT-TERM RELIEF FROM ANXIETY

Avoidance of the anxiety-producing situation gives an immediate sense of relief. The symptoms of anxiety lessen, but only temporarily

LONG-TERM ANXIETY GROWTH

The fear that initially led to avoidance worsens, and the brain learns that when the anxiety-producing situation is avoided, the symptoms go away.

Cycle of Anxiety Worksheet

Create an Action Plan

How will you approach your trigger differently next time?

Set a goal for facing your anxiety with a new mindset.

- Example: "I will prepare for my presentation and remind myself that it's okay to make mistakes."

Reflect

After you've tried these strategies, take time to reflect on the outcome and how you feel.

- What did you learn about your anxiety cycle?
- Consider how understanding and interrupting the cycle helped you.
 - Example: "I realized I can manage my anxiety with practice."
