

Understanding My Anxiety



Anxiety can feel confusing or unpredictable. Slowing things down and noticing what happens before, during and after an anxious moment can help you recognise your own patterns.

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1. WHAT HAPPENED?

What was the situation or trigger?

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2. WHAT DID MY MIND TELL ME?

What thoughts, worries or predictions showed up?

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3. WHAT DID I NOTICE?

What feelings or sensations did I notice in my body?

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4. WHAT DID I DO?

Did I avoid, escape, check, seek reassurance, over-prepare — or do something else?

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5. WHAT HAPPENED AFTERWARDS?

Did my anxiety decrease? Did I feel relief? What happened later?

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6. WHAT COULD I TRY NEXT TIME?

Is there a small, different response I could experiment with?



Look for the pattern, not the 'right' answer.
The aim isn't to judge how you responded.
It's to become curious about your anxiety and understand what may be keeping it going.



Using this with your psychologist:
You might like to bring this reflection to your next session. Together, you can explore the patterns you're noticing and identify strategies that fit your circumstances.