



# Dr. K's Guide to Mental Health

## Anxiety Module | Responses to Anxiety | Worksheet

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**Exercise:** Let's explore and identify your individual response to anxiety. Which of the following anxiety coping mechanisms do you use?

### Distraction

How do you distract yourself when feeling anxious?

What is a healthier way to bring yourself to the present?

### Control uncertainty via avoidance

How do you try to control uncertainty?

What kind of avoidance behaviors do you exhibit?

How is your life restricted by your avoidance behaviors?

Imagine you have a temporary burst of courage – how can you put yourself briefly out of your comfort zone instead of giving into avoidance?



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### Remove uncertainty via reassurance

When you're feeling anxious, do you seek reassurance? From whom and what kind?

What does reassurance do for your anxiety over time? Does it lead to confidence or are you finding yourself still needing reassurance?

Can you find a small way to take an action without the reassurance that you normally need? The smaller the better. What happens to your anxiety after you take the action without reassurance?

### Fighting the anxiety

Do you try to fight your anxiety? What happens when you do?



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List out what your anxious thoughts are.

List out the logical thoughts you use to fight your anxiety.

What are some more compassionate things you can tell yourself when you're feeling anxious, as opposed to logically bullying yourself? Imagine that you had a younger brother or sister, and they were feeling anxious, what would you tell them? How could you empathize with their situation, and encourage them instead of telling them to "get over it?"