



Dr. K's Guide to Mental Health

Anxiety Module | Tension in the Mind | Worksheet

Exercise: Write a page about your war with anxiety – pay attention to the following questions:

- When you feel anxiety, do you fight it?
- What happens when you do fight it? Do you sometimes win, sometimes lose?
- What happens to your anxiety the next day, week, or month?



Dr. K's Guide to Mental Health

Anxiety Module | Tension in the Mind | Worksheet

When you are anxious, what are the ways you argue with yourself? What are the ways you blame yourself? What is the “second arrow” that you shoot at yourself for having anxiety in the first place?

For each thought, try to come up with a compassionate or “coaching” way to talk to yourself?