



Dr. K's Guide to Mental Health

Anxiety Module | Feeding the Beast | Worksheet

Exercise: Pick one type of anxiety you experience and track it over time. Jot down the date when you experience a particular kind of anxiety, rank the anxiety from 1-10 in terms of strength (10 being the strongest), and jot down a few thoughts during the experience. Spend 1 week to 1 month "giving in" to the anxiety, engaging in avoidance behaviors or reassurances. What happens to the anxiety strength over time?

ANXIETY

DATE

RATING

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