

anxiety tear apart

Use this sheet to identify things about your anxiety and remind yourself what you are in control of. Remember, there is always someone willing to help, if you are struggling go to the person who makes you feel safe!

What is making me feel anxious?

What are some negative thoughts I've been having?

How is my body responding?



What is the worst thing that can happen?

What can I do to calm my body?

What am I in control of?



What are positive thoughts to calm me?



What have I tried?

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