

# Worksheet 1

## WHAT ARE YOUR ANXIETY TRIGGERS?

The first step in overcoming anxiety is understanding your anxiety. So let's think about your triggers. Perhaps it's social occasions where you have to meet new people? Or perhaps it's when you face unexpected changes. Spend a few days observing your anxiety and making some notes using the blank page, then note your triggers below.

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3

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# Worksheet 2

## DISENGAGING FROM ANXIOUS THOUGHTS: THOUGHT BUSES

Imagine your mind is like a bus, and your thoughts are the passengers. Some of these passengers are cool, supportive friends, but others are like that one annoying person who just won't stop talking negative stuff. You're the driver, and you can choose whether to let them control the ride or tell them to get off and sit down.

We're not saying to ignore your anxious thoughts, but you can be the one in control, not those thoughts.

1

Think of some stressful situations, or things that made you feel anxious (tests, social situations, etc.) and write or type the thoughts you had during those times as if they were passengers on the bus.

2

If you like, add some emoji-style reactions to these thoughts to make it more fun. For example, an angry emoji or an anxious face could represent a thought you don't like, while a thumbs-up emoji might represent a more positive or supportive thought.

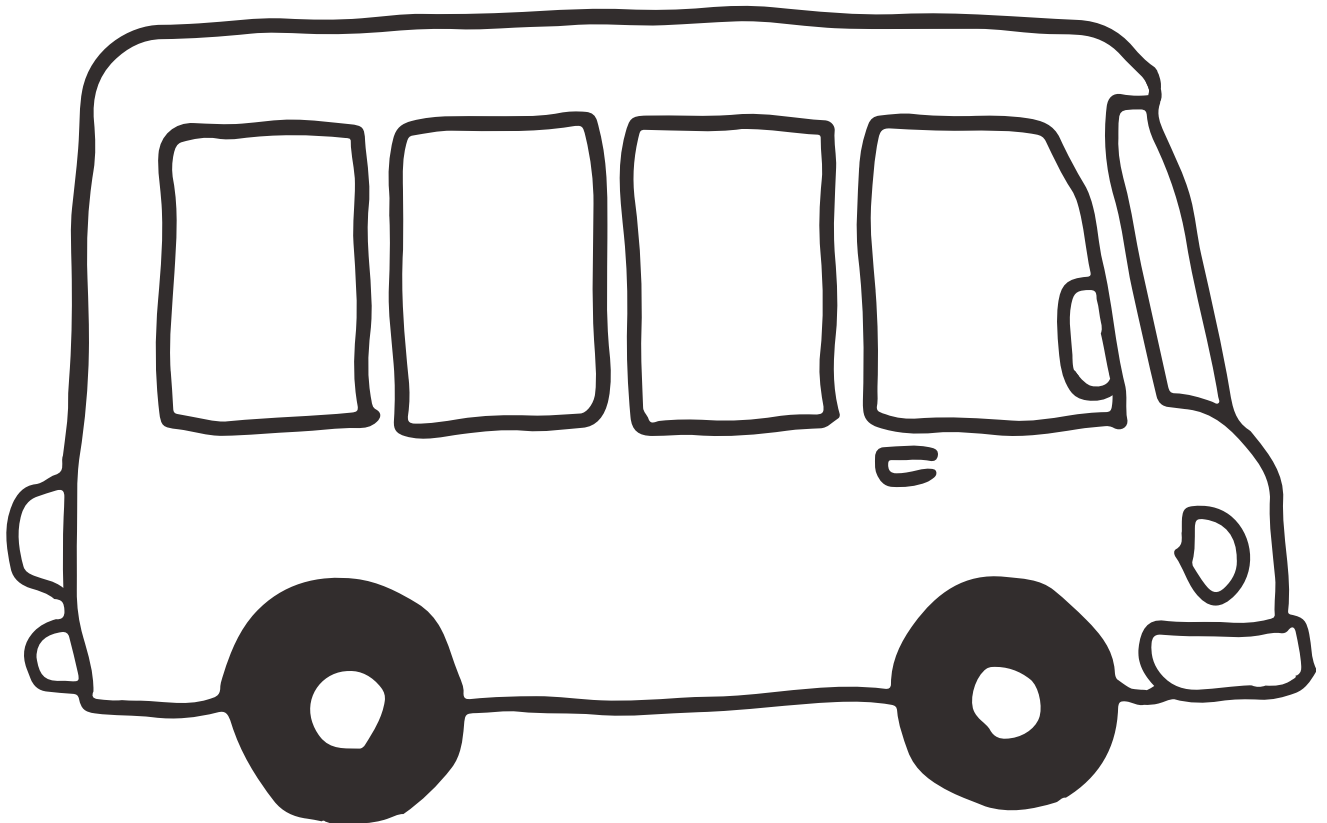
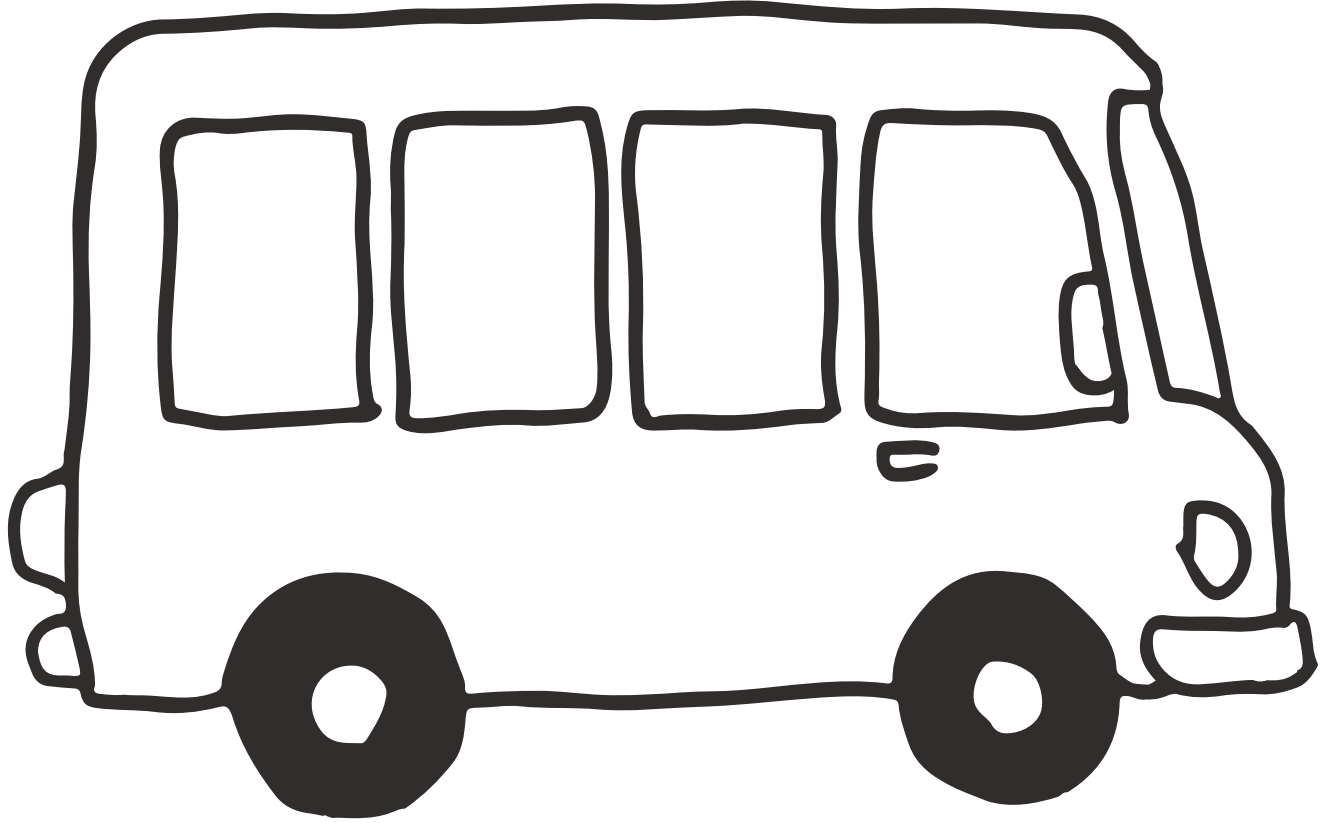
Decide whether you want to let that thought stay on the bus or if you want to ask it to get off.

3

Reframe the thoughts: For each thought, ask them to rewrite it into a more realistic or positive version, for example:

- "I'm going to fail this test" → "I can study and do my best."
- "Everyone's going to laugh at me" → "Not everyone is paying attention, and some people are probably nervous too."
- "I can't handle this" → "This is tough, but I've handled tough things before."

# My Thought Buses



# Worksheet 3

## SELF TALK RE-FRAME

The idea behind re-framing self talk is to identify and challenge irrational or unhelpful thoughts and replace them with more positive and constructive ones. This can help reduce anxiety and improve overall well-being.

With practice you can learn to effectively manage anxiety through self talk re-framing and gain greater control over your thoughts and emotions.

You have the power to choose which thoughts to focus on.

It is normal to have negative thoughts, but it's how you respond to them that can make all the difference.

Thoughts are like clouds—they come and go—and they don't have to hold onto every passing thought.

Write down the worry or unhelpful thought.

In the next column, write down the evidence that this thought could be true or could come true.

In the third column, write down the evidence that this thought might not be true or might not come true.

In the fourth column, write down a new or adapted thought which is more accurate and helpful than the original thought.

# Thought Challenging

What is the worry or unhelpful thought?	What is the evidence that it might be true/come true?	What is the evidence that it might <u>not</u> be true/come true?	How can you adjust the thought so it is more helpful and accurate?