

MY ANXIETY TRIGGERS

0	1	2	3	4	5	6	7	8	9	10
CALM		A LITTLE ANXIOUS			ANXIOUS			EXTREMELY ANXIOUS!		

READ EACH OF THE ITEMS AND RANK FROM 1-10 HOW ANXIOUS EACH TRIGGER MAKES YOU!

_____ Conflict or drama in my family, friendships, or relationships

_____ Being in a large crowd of people

_____ Meeting someone new or going to someplace I haven't been before

_____ Having to confront or approach someone

_____ Trying to make other people happy

_____ Having too much to get done

_____ Making plans with other people

_____ Being away from my parent/guardian or family members

_____ Performing or presenting in front of others

_____ Any kind of sudden change

_____ Having too much time to think

_____ Not knowing what will happen in the future

_____ Grades or stress from schoolwork

_____ Being away from home/family/loved ones

_____ When I or my loved ones travel

_____ Going anywhere or doing certain things by myself

_____ Loud noises or raised voices

_____ Being around certain people

_____ Being in tight spaces or being in wide open spaces

_____ Negative thinking

_____ Getting criticized for something I did wrong

_____ Having conversations

_____ Being unprepared



**WHAT ARE SOME
OTHER THINGS
THAT MIGHT
TRIGGER YOUR
ANXIETY?**

