

Anxiety Scale

The Anxiety Scale is a tool to document the levels of anxiety you experience. This will be an overview of how you have been working through anxiety which can be used to find areas to make changes that will fit your needs better.

Use Level 1 for your low level anxiety and Level 5 for your high level anxiety.

- Triggers: What gets you to this level of anxiety?
- Physical Response: What does your body do?
- Thoughts: What are you thinking? What emotions are there?
- Actions Taken: What do you do when you feel this level?
- Effects: How do the actions effect you?

Anxiety Level 1

Triggers: _____

Physical Response: _____

Thoughts: _____

Actions Taken: _____

Effects: _____

Anxiety Level 2

Triggers: _____

Physical Response: _____

Thoughts: _____

Actions Taken: _____

Effects: _____

Anxiety Level 3

Triggers: _____

Physical Response: _____

Thoughts: _____

Actions Taken: _____

Effects: _____

Anxiety Level 4

Triggers: _____

Physical Response: _____

Thoughts: _____

Actions Taken: _____

Effects: _____

Anxiety Level 5

Triggers: _____

Physical Response: _____

Thoughts: _____

Actions Taken: _____

Effects: _____

NOTE: Use the **Response Cycle** worksheet to help build tools for how to respond to your anxiety.