

Mastering Anticipatory Anxiety: A CBT Worksheet

Using CBT to Tackle Anticipatory Anxiety

This worksheet is designed to help you apply Cognitive Behavioral Therapy (CBT) strategies to manage anticipatory anxiety. Use the steps below to identify triggers, challenge negative thoughts, and implement practical techniques.

1. Identify Your Triggers

List situations or events that commonly trigger your anticipatory anxiety. For example, upcoming deadlines, social gatherings, or medical appointments.

Trigger Examples:

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2. Challenge Negative Thoughts

Write down the negative thoughts you experience in response to your triggers. Then, use evidence to question their validity and reframe them into balanced alternatives.

Negative Thought:

Evidence Against It:

Balanced Alternative:

3. Practice Mindfulness

Engage in mindfulness exercises to ground yourself in the present moment. Use sensory grounding or breathing techniques to redirect your focus.

Describe your mindfulness practice:

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4. Gradual Exposure

Identify a fear you want to face and create a step-by-step plan to approach it gradually. Start with less anxiety-provoking steps and work your way up.

Step-by-Step Exposure Plan:

- Step 1:
- Step 2:
- Step 3:

5. Create Your CBT Plan

Combine the insights and strategies from this worksheet to develop a personalized plan. Set realistic goals, track your progress, and remember to celebrate small victories!