

ANXIETY WORKSHEETS FOR TEENS: VERSION 2

Fill the log below to understand how one thought leads to others and causes you to react

Trigger	Thoughts that came to your mind	Physical sensations	Consequences of your behavior	Distraction techniques o keep your mind off the thought
Mommy scolded me	She hates me	Palpitations	I yelled and threw stuff	Count to 100 before reacting

Face your fears or anxiety: What is the worst thing that can happen?

Coping skills that calm me down

1. Listen to the music
2. Self-soothing activities
3. Grounding techniques
4. Count to 100
5. Change your state
6. Meditation
7. Maintain thought log
8. Keep a journal
9. Self-soothing activities- soothe 5 senses.