



Free CBT Worksheet for Anxiety

Triggers Describe the occasion in detail that gave rise to the dysfunctional thought	Thoughts that provoke your anxiety	Rate the intensity of your anxiety on a scale from 1-10, with 10 being the highest)	Identify the negative beliefs.	Think of the Alternative Thoughts, Positive and functional one's	Rate the intensity of your anxiety on a scale from 1-10, with 10 being the highest)

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References

[Curtiss, J. E., Levine, D. S., Ander, I. & Baker, A. W. \(2021\). Cognitive-Behavioral Treatments for Anxiety and Stress-Related Disorders. *Focus*, 19\(2\), 184-189.](#)

[Carpenter, J. K., Andrews, L. A., Witcraft, S. M., Powers, M. B., Smits, J. A. J., & Hofmann, S. G. \(2018\). Cognitive behavioral therapy for anxiety and related disorders: A meta-analysis of randomized placebo-controlled trials. *Depression and anxiety*, 35\(6\), 502–514. <https://doi.org/10.1002/da.22728>](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor