

Identifying anxiety triggers worksheet

Anxiety is a severe mental disorder that needs to be treated and dealt with with care. It shows different symptoms in different people. Here are some of the most common triggers of anxiety. You can add some to the list too.

Common Triggers

Personal	Social	Environmental	Other
Abuse	Fear of being judged	Conflicts within family	Thinking about future
Trauma	Being the centre of attention	Fear of dying	Animals
Sleep	Going to the store	Financial Issues	Heights
Disease	Giving speeches	Work issues	Crowded places
Poor Performance	Small Spaces	Disagreement with the boss	Fear of being alone
Mental Health	Fear of people	Dirty home	Meeting new friends

Choose from the list the common triggers of your anxiety. Rate them out of 10, with ten being the most.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Coping skills to deal with anxiety?
