

Triggers of Anxiety Worksheet

Anxiety is a severe mental disorder that needs to be treated and dealt, with care. It shows different symptoms in different people. Write down your triggering factors.

First of all, know what is trigger:

- Triggers are very personal; different things trigger different people.
- They are emotionally loaded memories.
- They can be in the form of flashbacks.
- They get activated through one of your senses.

Think about the factors that make you lose control, and aggravate your anxiety. Enlist the Factors that aggravate you to react emotionally.

| Triggers | Thoughts that came to my mind | Rate the Intensity of the emotions out of (1-10) |
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