

# My Signs of Anxiety

Please take a few minutes to think about some of the signals that you've had when feeling anxious. Then, circle and write down examples for each area.

I notice **Physical changes** like:

(muscle tension, rapid heartbeat, rapid breathing, shakiness, dizziness, lightheadedness, stomach ache, chest pressure, feeling on edge, fatigue, difficulty focusing, blushing, sweating, restlessness, headaches...)

My actions and **Behaviors change** like:

(avoiding friends/school/work, withdrawing from others, partner relationship changes, fidgeting, picking at nails/skin/hair, compulsive behaviors, alcohol/substances, turning down invitations)

# What are Cognitive Distortions?

Cognitive distortions alter our perception, much like wearing glasses with misshaped lenses. These are *automatic thinking patterns that distort reality* and contribute to increased anxiety, hopelessness, and suffering. They're also called *Thinking Errors* or *Thought Distortions*.

Please check the distortions that affect your anxiety the most

**Catastrophizing** ("The snowball effect"): Imagining what happens next

# Cycle of Anxiety

**Risk Factors**

**Triggers**

Genetics    Health Concerns

Stress & Change, such as:





It also helps to be more precise, using words beyond upset or uncomfortable, to better understand and support your emotions. Please look over a few examples of this below:

Afraid, Apprehensive, Cautious, Distrustful, Dread, Endangered, Excited, Fearful, Hesitant, Hypervigilant, Impatient, Nervous, Panicked, Petrified, Overwhelmed, On-edge, Scared, Self-conscious, Shaky, Shy, Suspicious, Suspenseful, Tense, Threatened, Restless, Uneasy, Unsafe

**Sadness Words:**

Alone, Burdened, Burdensome, Devastated, Disappointed, Dejected, Demoralized, Discouraged, Disheartened, Distraught, Down, Excluded, Grief-stricken, Gloomy, Heartbroken, Hopeless,