

CREATING A PLAN FOR MANAGING ANXIETY

What is it that's causing you worries? What would you like to change?



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What strategies would help you to manage your worries?



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What anxiety traps do you think you might be falling into:

☐ Avoidance

☐ Escape

☐ Safety Behaviours

☐ Seeking reassurance

Is there anything you might try differently? Who can help you with this?

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What can others say/do to help build your confidence & independence?

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