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***The Anti-Anxiety Program: A Workbook of Proven Strategies  
to Overcome Worry, Panic, and Phobias***

***Second Edition***

by Peter J. Norton and Martin M. Antony  
Guilford Publications, Inc.

Form 2.1. Situational Triggers for My Anxiety Problems (fillable) . . . . .	1
Form 2.2. Variables That Affect My Fear and Anxiety (fillable) . . . . .	2
Form 2.3. Physical Sensations Associated with My Fear and Anxiety (fillable) . . . . .	3
Form 2.4. Thoughts Associated with My Anxiety Problems (fillable) . . . . .	4
Form 2.5. Situations I Avoid (fillable) . . . . .	5
Form 2.6. My Safety Behaviors (fillable) . . . . .	6
Form 2.7. Fear of Physical Sensations (fillable) . . . . .	7
Form 2.8. Weekly Record of Anxiety . . . . .	8
Form 3.1. Costs and Benefits of Using This Program . . . . .	9
Form 3.2. Obstacles and Challenges to My Treatment. . . . .	10
A Guide for Family and Friends. . . . .	11
Form 4.1. Treatment Goals . . . . .	12
Form 4.2. Selecting Relevant Treatment Components . . . . .	13
Form 5.1. Revisiting the Costs and Benefits of Using This Program . . . . .	14
Form 5.2. Practice Identifying Anxiety-Related Thinking . . . . .	15
Form 6.1. Anxiety Thought Record . . . . .	16
Form 6.2. Pie Chart . . . . .	17
Form 6.3. Positive Data Log . . . . .	18
Form 7.1. Experiment Record . . . . .	19
Form 7.2. Survey Form . . . . .	20
Form 8.1. Costs and Benefits of Using This Program . . . . .	21
Exposure Contract . . . . .	22
Form 8.2. Exposure Plan . . . . .	23
Form 8.3. Exposure Plan in Order of Difficulty . . . . .	24
Form 8.4. My Safety Behaviors. . . . .	25
Form 8.5. My Safety Thoughts . . . . .	26
Form 11.1. Rating the Exercises . . . . .	27
Form 12.1. Progressive Muscle Relaxation Progress Form. . . . .	28
Conclusion Form 1 . . . . .	29
Conclusion Form 2 . . . . .	30

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**Situational Triggers for My Anxiety Problems**

Anxiety problem	Situational triggers
1.	
2.	
3.	

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**Variables That Affect My Fear and Anxiety**

Anxiety problem	Variables that affect my fear and anxiety
1.	
2.	
3.	

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**Physical Sensations Associated with My Fear and Anxiety**

Anxiety problem	Physical sensations
1.	<p>History of panic attacks? (sudden onset of fear, with four or more symptoms; see Chapter 1) Yes No</p> <p>History of fainting? Yes No</p>
2.	<p>History of panic attacks? (sudden onset of fear, with four or more symptoms; see Chapter 1) Yes No</p> <p>History of fainting? Yes No</p>
3.	<p>History of panic attacks? (sudden onset of fear, with four or more symptoms; see Chapter 1) Yes No</p> <p>History of fainting? Yes No</p>

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**FORM 2.4**

**Thoughts Associated with My Anxiety Problems**

<b>Anxiety problem</b>	<b>Anxiety-provoking thoughts</b>	<b>How much do I believe the thought is true? (0%–100%)</b>
1.		
2.		
3.		

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**FORM 2.5**

**Situations I Avoid**

<b>Anxiety problem</b>	<b>Situations and objects I avoid</b>	<b>Frequency of avoidance (0–100)</b>
1.		
2.		
3.		

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### My Safety Behaviors

Anxiety problem	Safety behaviors	Frequency of safety behavior use (0-100)
1.		
2.		
3.		

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**FORM 2.7****Fear of Physical Sensations**

Sensation	Fear of sensation in general (0–100)	Fear of sensation when in a feared situation (0–100)
Racing or pounding heart		
Chest tightness or pain		
Dizziness, faintness, lightheadedness		
Breathlessness or smothering sensations		
Sweating		
Hot flushes or chills		
Numbness or tingling sensations		
Nausea or abdominal discomfort		
Choking feelings or a tightness in the throat		
Blurred vision		
Feeling unreal or detached		

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**FORM 3.1**

**Costs and Benefits of Using This Program**

What are your long-term goals and desires? What would you like to do with your life in the next 1 to 3 years?

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Now, thinking about your own anxiety and your own life, record the costs and benefits of (1) working through this program and (2) not working through this program.

Working through the program (0–100 importance)		Not working through the program (–100–0 importance)	
<i>Pros</i>	_____ ( )	<i>Pros</i>	_____ ( )
	_____ ( )		_____ ( )
	_____ ( )		_____ ( )
	_____ ( )		_____ ( )
<i>Cons</i>	_____ ( )	<i>Cons</i>	_____ ( )
	_____ ( )		_____ ( )
	_____ ( )		_____ ( )
	_____ ( )		_____ ( )

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**FORM 3.2**

**Obstacles and Challenges to My Treatment**

In the first column, record any obstacles or challenges that you anticipate may affect your treatment as you work through this program. In the second column, record possible ways in which you can overcome each obstacle.

<b>Obstacle or challenge</b>	<b>Solution</b>

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## A Guide for Family and Friends

From the time we are born to the time we die, we depend on our relationships with others for just about everything: food, shelter, work, education, health care, entertainment, companionship—you name it. In our closest relationships, we have an important effect on each other's emotional lives. The positive emotions we feel sustain us and make life worth living. The negative emotions we feel, such as anxiety, depression, and anger, are often tied to what's happening in our relationships.

If you're close to someone who suffers from anxiety, you're aware that the anxiety problem affects you too. You may be less aware, though, of how your behavior can affect her anxiety and of what you can do to help this important person in your life. These tips are specifically for the family member, close friend, partner, or other significant presence in the life of someone with anxiety.

- **Learn about your loved one's anxiety and its treatment.** The single best way to help a loved one who is working on an anxiety problem is to be informed. One thing you can do is read this book to learn more about the nature and treatment of her anxiety problems. We also recommend that you invite your loved one to talk to you about her anxiety and that you participate in the discussion in a supportive, nonjudgmental way.

- **Be supportive.** Overcoming anxiety problems can be challenging. There will be ups and downs. What your loved one needs isn't a coach or a bystander but someone to help celebrate the improvements and support him when things aren't going as well.

- **Ask your loved one how you can help.** There is no single best way to help someone who is experiencing anxiety. Some people do best when their friends and family members participate in "exposure" practices. Some people find it helpful to talk through an anxiety-provoking situation to help them see their fears more realistically. Others prefer that family members and friends remind them to complete their forms or stop avoiding situations (careful, though—there's a fine line between "reminding" and "nagging"). Some may simply want someone to listen and provide support. Finally, some people may prefer that their friends and family not get involved at all. Rather than "helping" in a way that may not be helpful, ask your loved one how you can help and respect her wishes.

- **Manage your own expectations.** Seeing loved ones change can sometimes be exciting ("He will be able to go back to work—we need the money"), and it can also sometimes be concerning ("She may not need me as much now that the anxiety is improving"). Change will be gradual, and you both will have plenty of time to adjust.

- **Listen to what your loved one needs from you.** Most of us want to help our loved ones, especially when they are having a hard time. But sometimes, in an effort to be supportive, you may wind up doing things that only make it easier for your loved one to engage in anxiety-related behaviors. When your loved one is ready for you to stop doing things like providing reassurance, completing tasks that he finds too anxiety-provoking, or accommodating the anxiety in other ways, you need to be willing to stop. It may make things harder in the short-term, but it will pay off down the road.

- **Don't try to be your loved one's therapist.** It's not your job to solve her anxiety problem. In fact, your constant efforts to eliminate the anxiety can just make it worse. Emotional overinvolvement by family members can get in the way of a person's treatment.

- **Communicate.** Listen to your loved one and share your own feelings. Your input and support will be invaluable as your loved one takes some positive steps toward reclaiming his or her life. You may find that your relationship ends up stronger than ever with your help.

**FORM 4.1**

**Treatment Goals**

Record your goals for treatment. Be as specific as possible.

Period	Goals
Short-term (next 4 weeks)	● _____
	_____
	● _____
	_____
Medium-term (next 4 months)	● _____
	_____
	● _____
	_____
Long-term (for the next 2 years)	● _____
	_____
	● _____
	_____

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**FORM 4.2**

**Selecting Relevant Treatment Components**

Do I have this problem?	Check here	Strategies I should try
I experience anxious thoughts, worries, and predictions that make me feel unsafe		<ul style="list-style-type: none"> <li>• Cognitive strategies—Chapters 5 to 7</li> <li>• Mindfulness- and acceptance-based strategies—Chapter 13</li> </ul>
I have fears that are triggered by objects, places, situations, or activities		<ul style="list-style-type: none"> <li>• Confronting your fears—Chapter 8</li> <li>• Exposure to feared situations—Chapter 9</li> </ul>
I have fears that are triggered by thoughts, memories, images, urges, or uncertainty		<ul style="list-style-type: none"> <li>• Confronting your fears—Chapter 8</li> <li>• Exposure to feared thoughts, memories, images, and urges—Chapter 10</li> </ul>
I have fears that are triggered by certain feelings or sensations in my body		<ul style="list-style-type: none"> <li>• Confronting your fears—Chapter 8</li> <li>• Exposure to feared feelings and sensations—Chapter 11</li> </ul>
I carry a lot of stress and tension in my body		<ul style="list-style-type: none"> <li>• Learning to relax—Chapter 12</li> <li>• Mindfulness- and acceptance-based strategies—Chapter 13</li> </ul>
I don't want my anxiety to come back		<ul style="list-style-type: none"> <li>• Preventing your anxiety from returning—Conclusion</li> </ul>

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**FORM 5.1**

**Revisiting the Costs and Benefits of Using This Program**

What are your long-term goals and desires? What would you like to do with your life in the next 1 to 3 years?

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Now, thinking about your own anxiety and your own life, record the costs and benefits of (1) working through this program and (2) not working through this program.

Working through the program (0–100 importance)	Not working through the program (–100–0 importance)
<i>Pros</i> _____ (____) _____ (____) _____ (____) _____ (____)	<i>Pros</i> _____ (____) _____ (____) _____ (____) _____ (____)
<i>Cons</i> _____ (____) _____ (____) _____ (____) _____ (____)	<i>Cons</i> _____ (____) _____ (____) _____ (____) _____ (____)

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**FORM 5.2**

**Practice Identifying Anxiety-Related Thinking**

**Describe the trigger that made you anxious or fearful:**

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**List the anxiety-related thoughts you experienced:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Pick the strongest of these anxiety-related thoughts and identify what type(s) of thought it is and why it fits under that type:**

- Probability overestimation Why? \_\_\_\_\_
- Catastrophizing Why? \_\_\_\_\_
- Rigid rules Why? \_\_\_\_\_
- Anxiety-provoking assumptions Why? \_\_\_\_\_
- Negative core beliefs Why? \_\_\_\_\_
- Anxiety-provoking impulses Why? \_\_\_\_\_
- Anxiety-provoking imagery Why? \_\_\_\_\_

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**FORM 6.1**

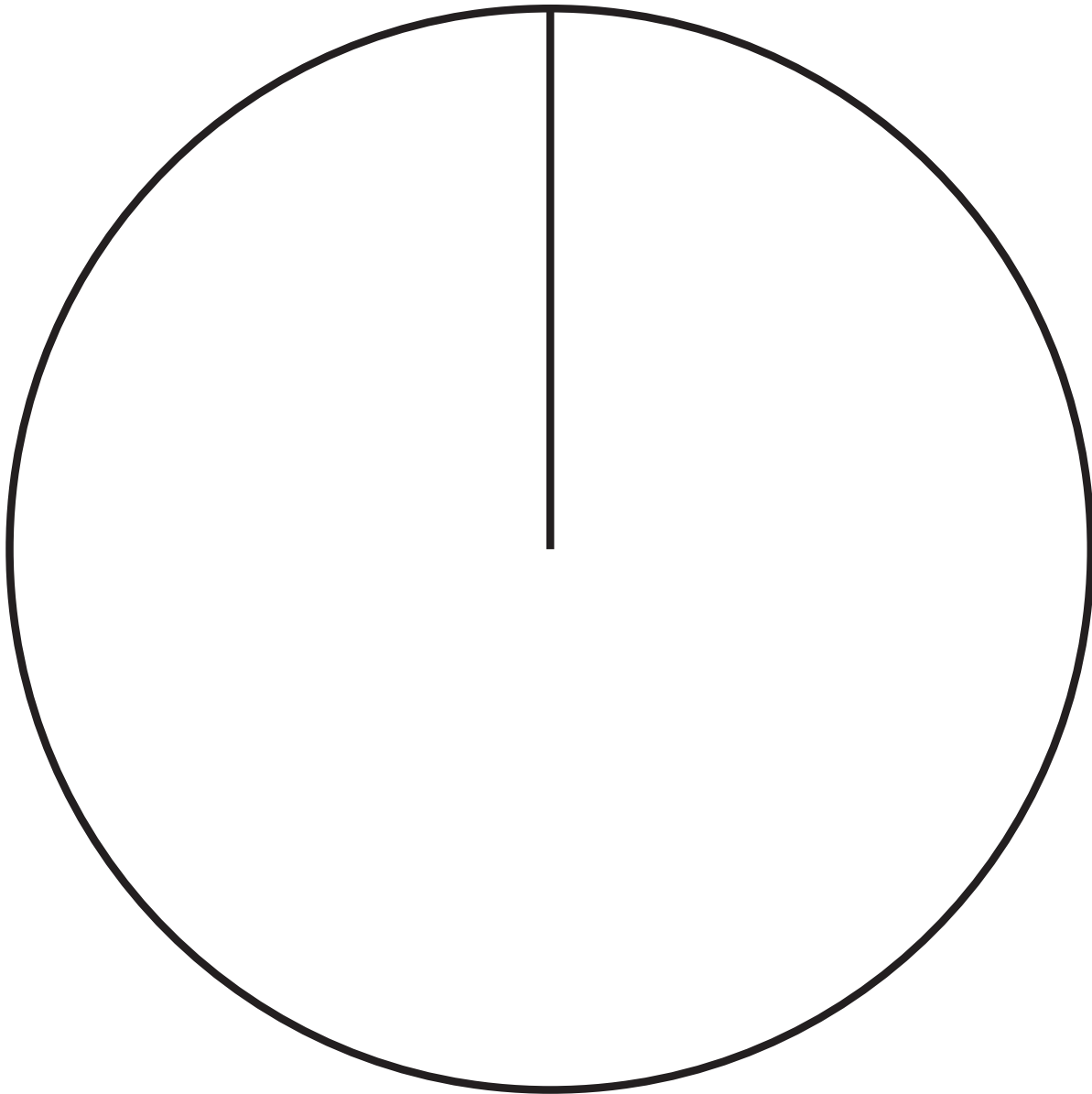
**Anxiety Thought Record**

<b>Situation</b>	<b>Anxiety-provoking thoughts and predictions</b>	<b>Anxiety before (0–100)</b>	<b>Alternative thoughts and predictions</b>	<b>Evidence and realistic conclusions</b>	<b>Anxiety after (0–100)</b>

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**Pie Chart**

Initial estimate of probability: \_\_\_\_\_ %



Revised estimate of probability: \_\_\_\_\_ %

**Positive Data Log**

Negative core belief:	
Day and time	Information that disconfirms my negative core belief

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**Experiment Record**

<b>Anxiety-provoking thoughts and predictions</b>	<b>Alternative thoughts and predictions</b>	<b>Experiment description</b>	<b>Evidence and realistic conclusions/Anxiety after completing experiment (0–100)</b>

Record a more accurate thought based on the results of your experiment:

## Survey Form

**What questions will you ask the people you are surveying?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What does your anxious mind think the results will be?**

**Record the survey responses below:**

**What were the results of your survey?**

**FORM 8.1**

**Costs and Benefits of Using This Program**

What are your long-term goals and desires? What would you like to do with your life in the next 1 to 3 years?

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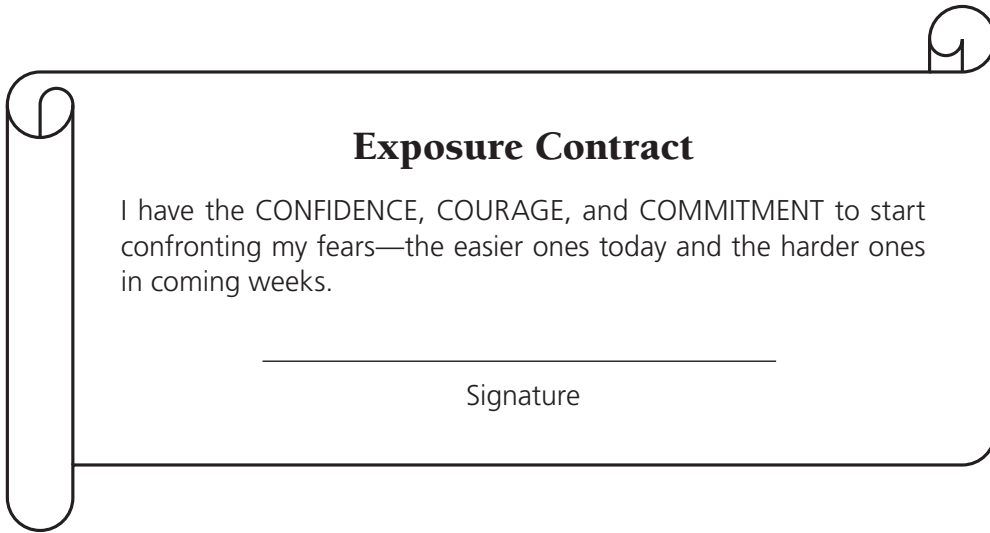


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Now, thinking about your own anxiety and your own life, record the costs and benefits of (1) working through this program and (2) not working through this program.

Working through the program (0–100 importance)	Not working through the program (–100–0 importance)
<i>Pros</i> _____ (____) _____ (____) _____ (____) _____ (____)	<i>Pros</i> _____ (____) _____ (____) _____ (____) _____ (____)
<i>Cons</i> _____ (____) _____ (____) _____ (____) _____ (____)	<i>Cons</i> _____ (____) _____ (____) _____ (____) _____ (____)

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**Exposure Contract**

I have the CONFIDENCE, COURAGE, and COMMITMENT to start confronting my fears—the easier ones today and the harder ones in coming weeks.

\_\_\_\_\_

Signature

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**FORM 8.3**

**Exposure Plan in Order of Difficulty**

Rank order	Fear trigger: Situation, object, thought, or sensations	Fear rating (0–100)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

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### My Safety Behaviors

Anxiety problem	Safety behaviors
1.	
2.	
3.	

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### My Safety Thoughts

Anxiety problem	Safety thoughts
1.	
2.	
3.	

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**FORM 11.1****Rating the Exercises**

<b>Interoceptive Exposure Plan</b>		
<b>Interoceptive exercise</b>	<b>Fear rating (0–100)</b>	<b>Rank order (1–12)</b>
Breathe through a straw or while pursing your lips		
Hold head between knees then lift head quickly		
Hold breath		
Hyperventilate		
Run in place		
Sit facing heater		
Spin in a chair		
Stare at light and then read		
Stare at a mirror		
Stare at a rotating spiral, for example, <a href="http://www.youtube.com/watch?v=XYOSK9stBAU">www.youtube.com/watch?v=XYOSK9stBAU</a>		
Tense muscles		
Use a tongue depressor		

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**CONCLUSION FORM 1**

**Strategies for Maintaining Gains**

My former fears	My activities for keeping the anxiety away for good
Fear 1	
Fear 2	
Fear 3	

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**CONCLUSION FORM 2**

**My Plan for Dealing with Relapses**

Signs of a relapse	My action plan to get back my control

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