

WORKSHEET 14.2. *Mind Over Mood* Anxiety Inventory Scores

Score												
70												
65												
60												
55												
50												
45												
40												
35												
30												
25												
20												
15												
10												
5												
0												
Date												

EXERCISE: What I Avoid Because of Anxiety

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

EXERCISE: Safety Behaviors I Use to Prevent Anxiety

1. Situation: _____

Safety behavior(s): _____

2. Situation: _____

Safety behavior(s): _____

3. Situation: _____

Safety behavior(s): _____