

EXERCISE: Identifying Thoughts Associated with Anxiety

To highlight the thoughts that are associated with anxiety or fear in your own life, complete Worksheet 14.3. Think about a recent time when you were anxious, fearful, or nervous. Describe the situation, your mood(s), and any physical symptoms you experienced (e.g., rapid heart rate, dizziness, sweating, tight stomach). Recall the thoughts you had (in words and in images). If you had an image, describe it. If your thoughts began with "What if . . . ?," write down the answer to that question (e.g., the thought or image that made you most anxious).

WORKSHEET 14.3. Identifying Thoughts Associated with Anxiety

1. Situation Who? What? When? Where?	2. Moods a. What did you feel? b. Rate each mood (0–100%).	3. Automatic Thoughts (Images) What was going through your mind just before you started to feel this way? Any other thoughts? Images?
	List physical reactions you experienced:	