



Unwinding Anxiety Habit Loop Worksheet

1. Write down situations that trigger your anxiety. Write down the accompanying thoughts as well.

Situations	Thoughts

2. Identify automatic behaviors that you commit when you feel anxious and write them down.

3. Modify your behaviours. Write down behaviors that can alleviate your anxiety

4. Write down the frequencies of your anxious thoughts

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5. Reflect upon your thoughts and emotions. Give yourself positive affirmations.

Thoughts and emotions	Positive affirmations

6. List down ways in which you can incorporate strategies and coping mechanisms to help your anxiety.

References

1. [Mindfulness-based interventions for anxiety](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counselor.