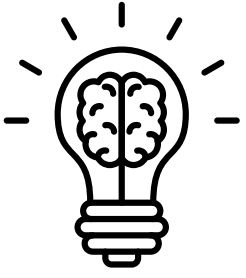
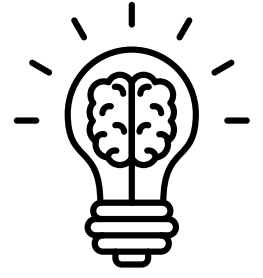


**Manage Your  
Worries & Anxiety  
CBT Workbook & Journal**

# This Book Belongs To



# Decatastrophizing



## WORKSHEET

**What "catastrophe" is bothering you?**

What is the likelihood of the catastrophe occurring?

In the past, has this ever happened before?

**How frequently does this occur in real life?**

How terrible would it be if your catastrophe really occurred?

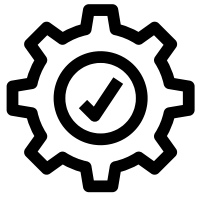
What would the worst possible outcomes look like?

**If the worst happens, what will you do?**

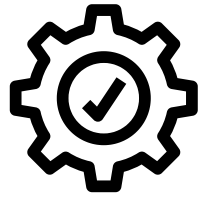
Who or what could help you?

What could you do in advance to prepare you?

What skills do you already have that can help you through it?



# Physical Coping skills for anger management



<b>DO YOGA</b>	<b>PUSH WALL</b>	<b>BOUNCE BALL</b>
<b>PRESS DOWN ON MY SEAT</b>	<b>SQUEEZE A STRESS BALL</b>	<b>STRETCH MY BODY</b>
<b>PUNCH A PILLOW</b>	<b>PRESS MY PALMS TOGETHER</b>	<b>RIP PAPER INTO SMALL PIECES</b>

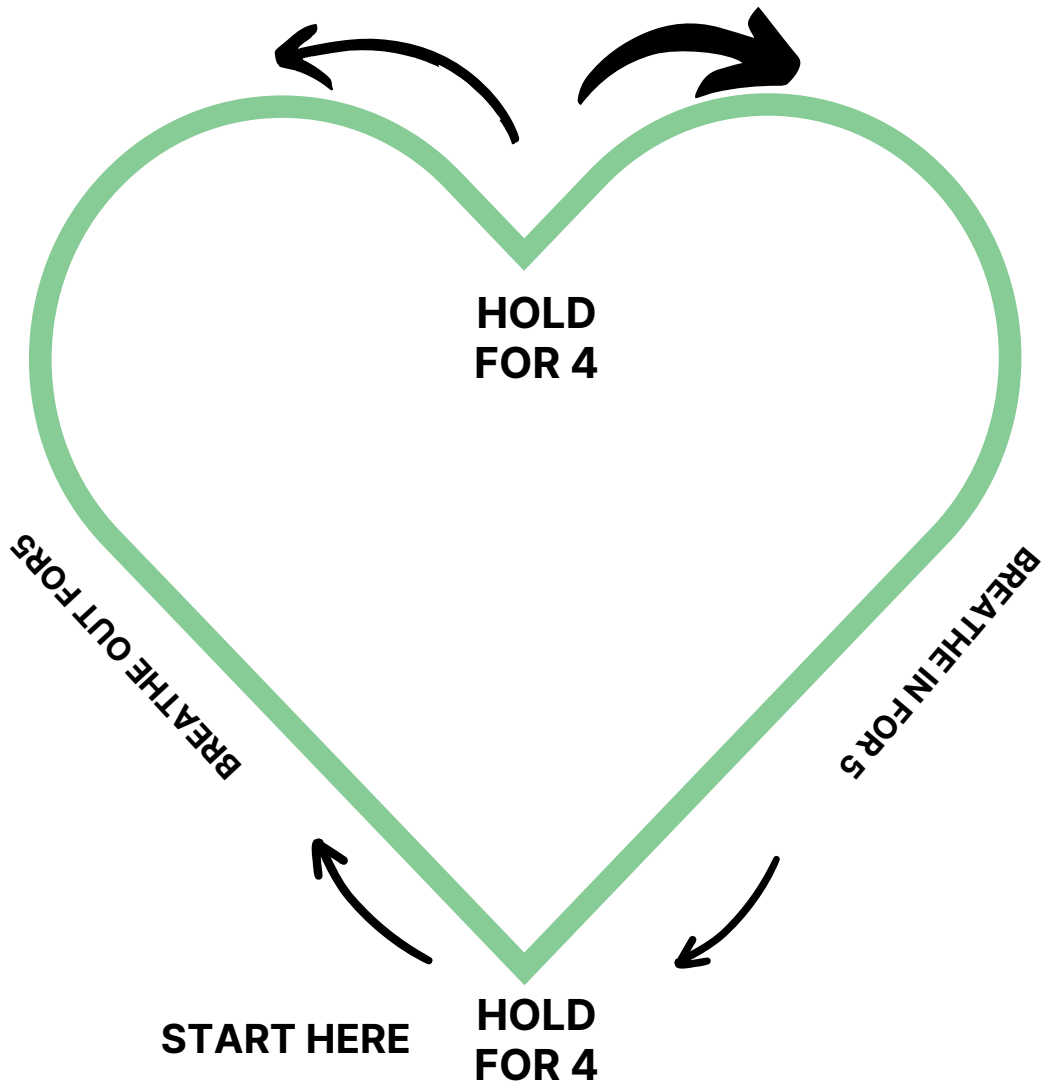


# Worry Coping Cards

<p><b>Take Deep Breaths</b></p>	<p><b>Be in the Present Moment</b></p>
<p><b>Draw Your Worries</b></p>	<p><b>Go to Your Favorite Place</b></p>
<p><b>Journal Your Thoughts</b></p>	<p><b>Share Your Thoughts with a friend/Partner/Therapist</b></p>

# Hearth Breathing

USE THIS BREATHWORK TECHNIQUE TO  
HELP YOU COPE WITH TRIGGERS



THINK OF SOMEONE OR SOMETHING YOU LOVE  
WHILE PRACTICING THIS BREATHING TECHNIQUE

# The Balloon Mental Exercise

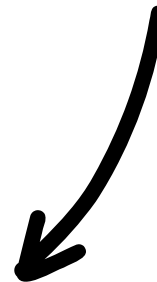
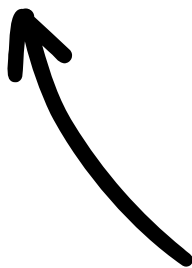
For When you Start Feel Worried or Anxious



**Step 1:**  
Write down  
what  
worries  
you in  
the  
balloons



**Step 2:**  
Close  
your  
eyes &  
imagine  
them  
floating  
away



**Step 3:**

Come back to your breaths and  
repeat steps 1 and 2 as needed

# My Vision Board

**HEALTH**

**FAMILY**

**FINANCE**

**FRIENDSHIP**

**LOVE**

**CAREER**

**KNOWLEDGE**

**TRAVEL**

**HOBBIES**



# Monthly Reflections

**HOW WAS THIS MONTH?**

**GRATEFUL FOR**

**AREAS OF  
IMPROVMENT**

**CHALLENGES**

**MY FAVORITE MOMENT  
OF THIS MONTH**

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**WHAT WENT WELL**

---

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**HOW TO SET UP FOR SUCCESS NEXT MONTH**

# Monthly Goal Planning



**GOALS**

**REWARDS FOR  
ACHIEVING MY GOALS**

**WHY ACHIEVING THESE GOALS IMPORTANT TO ME?**

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**WHAT STEPS DO I NEED TO TAKE TO ACCOMPLISH MY GOALS?**

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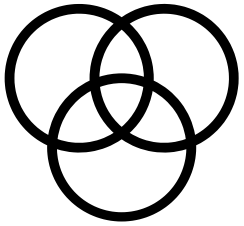
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# Weekly Task Planning

TASKS THAT NEED TO GET DONE	TASK DEADLINES

**STEPS THAT NEED TO BE TAKEN**

**REWARDS FOR  
COMPLETING THE TASKS**

**PLANS FOR NEXT WEEK**

# My Good Habits

**GOOD HABITS TO MAINTAIN OR DEVELOP**

**BAD HABITS TO REDUCE OR ELIMINATE**

**ACTION PLAN TO  
MAINTAIN/DEVELOP MY  
GOOD HABITS**

**REWARDS FOR  
MAINTAINING MY  
GOOD HABITS**



# Physical Activities Tracker



**Activities:**

**Date:**

---

---

---

---

**How did I do?**

---

---

**Activities:**

**Date:**

---

---

---

---

**How did I do?**

---

---

**Activities:**

**Date:**

---

---

---

---

**How did I do?**

---

---





# Self Care Checklist



DATE	SELF CARE ACTIVITIES





# Monthly Health Check In



## APPOINTMENTS

## MEDICATIONS

## SIGNS & SYMPTOMS

SIGNS & SYMPTOMS

MY PAIN LEVEL (0-10)

MY ANXIETY LEVEL (0-10)

MY OVERALL MOOD (0-10)

# Positive Journaling

**MONDAY**

**Today I am grateful for...**

**What I appreciate most about this moment...**

**One way I am already living the life I want...**

**Someone who makes my life better just by being in it...**

# Positive Journaling

**TUESDAY**

**Today I am grateful for...**

**Something about me that is worth celebrating...**

**Something I get to do today that I've always wanted to...**

**Someone who's given me hope**

# Positive Journaling

**WEDNESDAY**

**Today I am grateful for...**

**Something about me that is worth celebrating...**

**Something I get to do today that I've always wanted to...**

**Someone who's given me hope**

# Positive Journaling

**THURSDAY**

**Today I am grateful for...**

**Something about me that is worth celebrating...**

**Something I get to do today that I've always wanted to...**

**Someone who's given me hope**

# Positive Journaling

FRIDAY

Today I am grateful for...

Something about me that is worth celebrating...

Something I get to do today that I've always wanted to...

Someone who's given me hope

# Positive Journaling

**SATURDAY**

**Today I am grateful for...**

**Something about me that is worth celebrating...**

**Something I get to do today that I've always wanted to...**

**Someone who's given me hope**

# Positive Journaling

**SUNDAY**

**Today I am grateful for...**

**Something about me that is worth celebrating...**

**Something I get to do today that I've always wanted to...**

**Someone who's given me hope**





# Monthly Check In

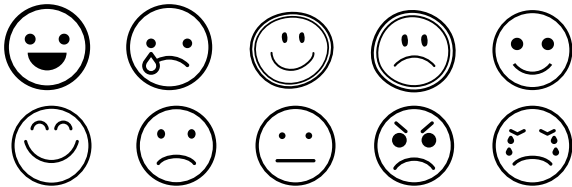
DATE:.....

**POSITIVE AFFIRMATION**

**TOP 3 THINGS I DID THIS MONTHS**

**MOST REWARDING INTERACTION  
I HAD THIS MONTH**

**THIS MONTH I FELT**



**NEXT MONTH I WANT TO**

**THINGS I ACCOMPLISHED THIS  
MONTH**

**WHAT WAS THE BEST THING  
ABOUT THIS MONTH?**

**MY RANKING OF THE MONTH**



# Self Care Goal

## MIND GOALS



## BODY GOALS

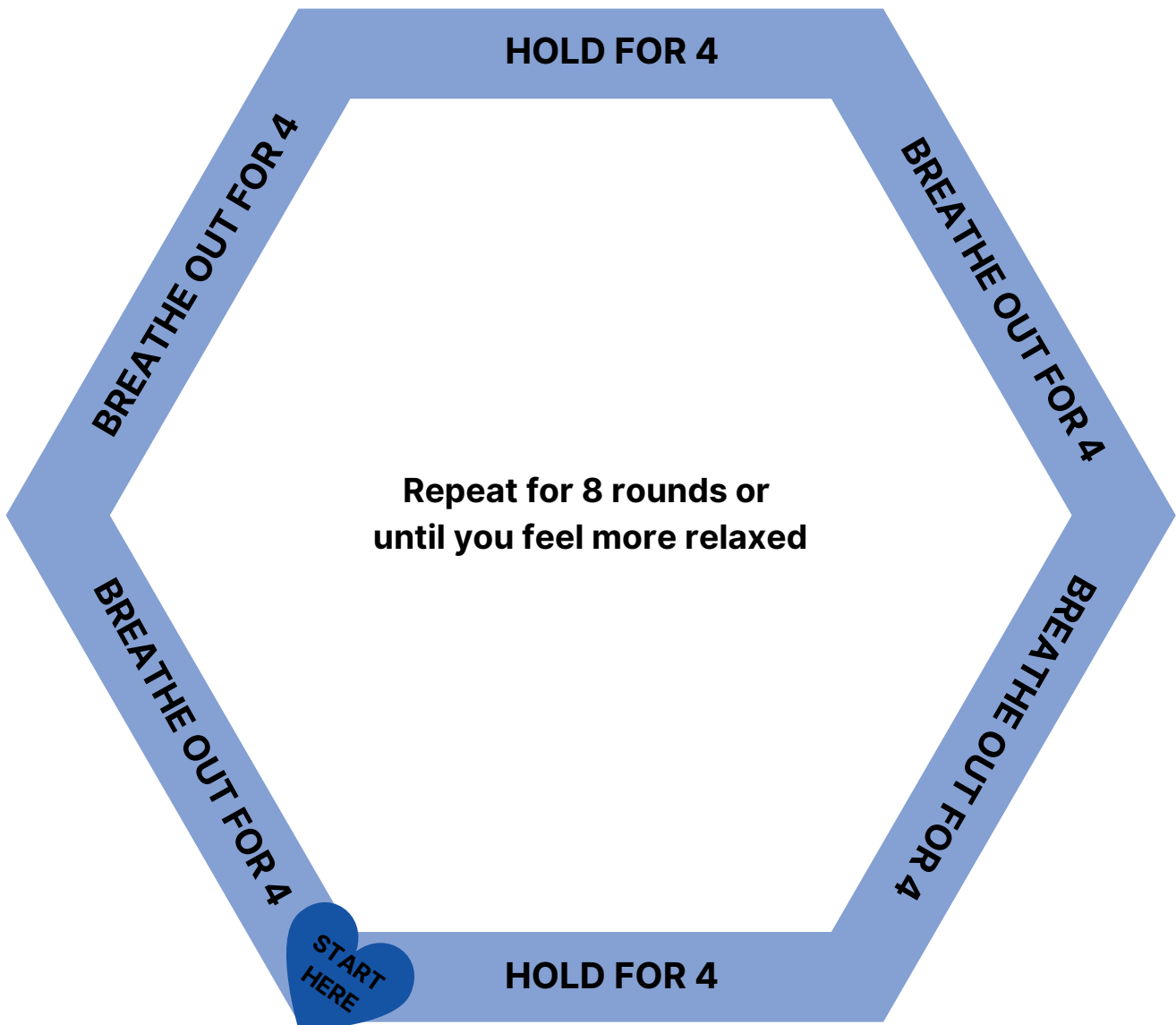


## OTHER GOALS



# Hexagon Breathing

Use this breathwork technique when you are stressed, anxious, or worried



# Weekly Self Care Tracker

WEEK OF:.....

DATE:.....

<b>PHYSICAL</b>	
<b>EMOTIONAL</b>	
<b>MENTAL</b>	
<b>SPIRITUAL</b>	
<b>SOCIAL</b>	

<b>THINGS I'M LOVUNG</b>

<b>BRAIN DUMP</b>

<b>THIS WEEK GOALS</b>

<b>NEXT WEEK I WILL</b>

# Positive Affirmations

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

# Weekly Dream Journal

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

# Mood Tracker

DATE

TIME

DATE

TIME

DATE

TIME

DATE

TIME

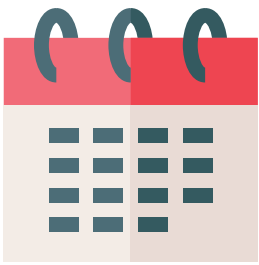
MY MOOD

MY MOOD

MY MOOD

MY MOOD





# Bedtime Reflection

**MY ACCOMPLISHMENTS TODAY**


**I FELT SO PROUD FOR..**



**I FELT HAPPY WHEN..**



**A POSITIVE THING  
I WITNESSED TODAY...**

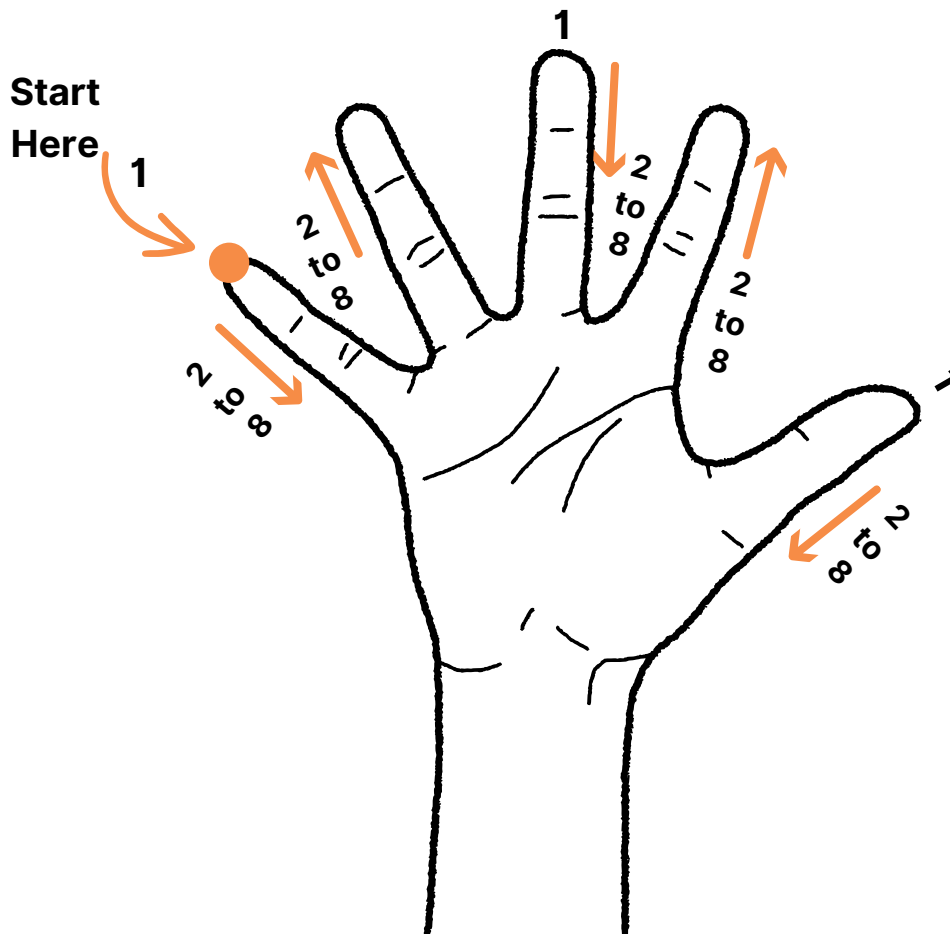


**MY THOUGHTS AND  
FEELINGS**



# The Finger Tracing Exercise

For When You Start to Feel Worried or Anxious



- \* Start at the tip of your pinky and tracing along your pinky while slowly counting from 1 to 8 as 1 being at the tip of your pinky and 8 being at the base of your pinky. As you're tracing and counting take a slow deep breath.
- \* Then start at 1 again with 1 being at the base of your ring finger and 8 being at the tip of your ring finger. As you're tracing and counting exhale slowly.
- \* Continue to count and inhale slowly while tracing along your middle finger with 1 being at the top of your middle finger and 8 being at the base of your middle finger.
- \* Exhale slowly and continue to trace along your point finger and count from 1 to 8 as 1 being at the base to your point finger and 8 being at the tip of your point finger.
- \* Repeat the same step for the thumb.

# Gratitude Bucket

Fill Your Bucket With Notes And Prompts  
Of All The Things You Are Grateful For



# What Will Make Today Great?

TODAY I AM GRATEFUL FOR

GOALS

MY THOUGHTS & FEELINGS

TO DO LIST

HIGHLIGHT OF MY DAY

HOW TO MAKE TODAY GREAT?

# I'm Aware That My Thoughts Are Not Me

**Write Down What Makes You Feel Worried,  
Keeps You Up At Night Or Gives You Anxiety**

**Use the questions below to examine and break  
down the thought. Ask yourself:**

**Is my thought based on a feeling or an actual fact?**

**Is it possible for my thought to come true?**

**What's the worst that can happen if it does come true?**

**Will it still matter to me tomorrow or in the future?**

**What can I do to handle the situation in a positive way?**

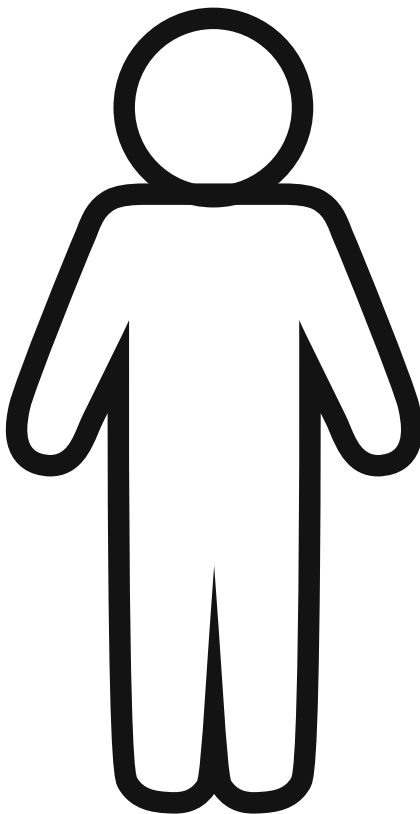
# Tension Check-in

WEEK OF:.....

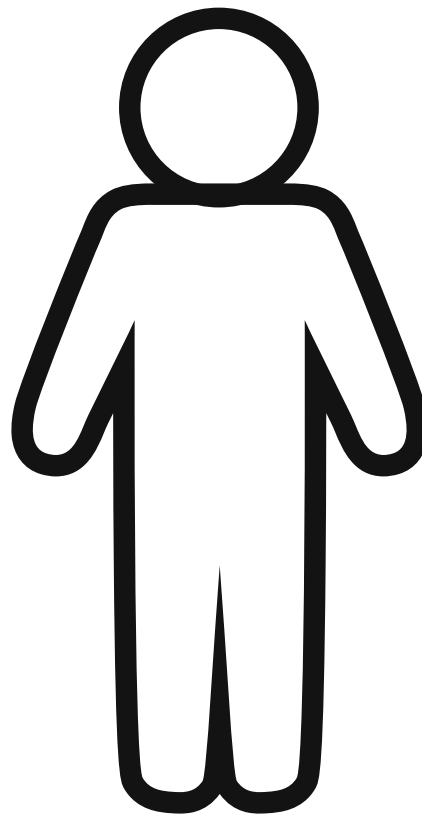
DATE:.....

WHAT BIG EVENTS HAVE HAPPENED THIS WEEK?

WHERE DO I FEEL THE TENSION?



FRONT



BACK



# I'm Safe In My Body

## F

### FOCUS ON YOUR BREATH

When you start to feel anxious, take deep breaths in and out

- Inhale for 4
- Hold for 4
- Exhale for 4
- Hold for 4
- Repeat

## B

### BE IN THE PRESENT MOMENT

Re-connect with your physical body  
If you're sitting

- Feel your feet against the ground
- Sit up straight
- Press your palms together
- What are you smelling hearing touching sensing

## A

### ACKNOWLEDGE YOUR THOUGHTS & FEELINGS

Recognize and acknowledge all thoughts and feelings that are surfacing up at the current moment

- Thoughts
- Feelings
- Emotions
- Memories
- Sensation
- Pain patterns



# Stay Grounded

**SMELL**

I'm smelling...

**HEAR**

I'm hearing...

**TOUCH**

I'm touching...

**TASTE**

I'm tasting...

**SEE**

I'm seeing...

**FEEL**

I'm feeling...

# Review your thought patterns



**I'm fearful**

**I am the overcome & despite walking on my path feeling fearful, there's no challenge I'll face that I cannot surmount**

**I'm feeling defeated**

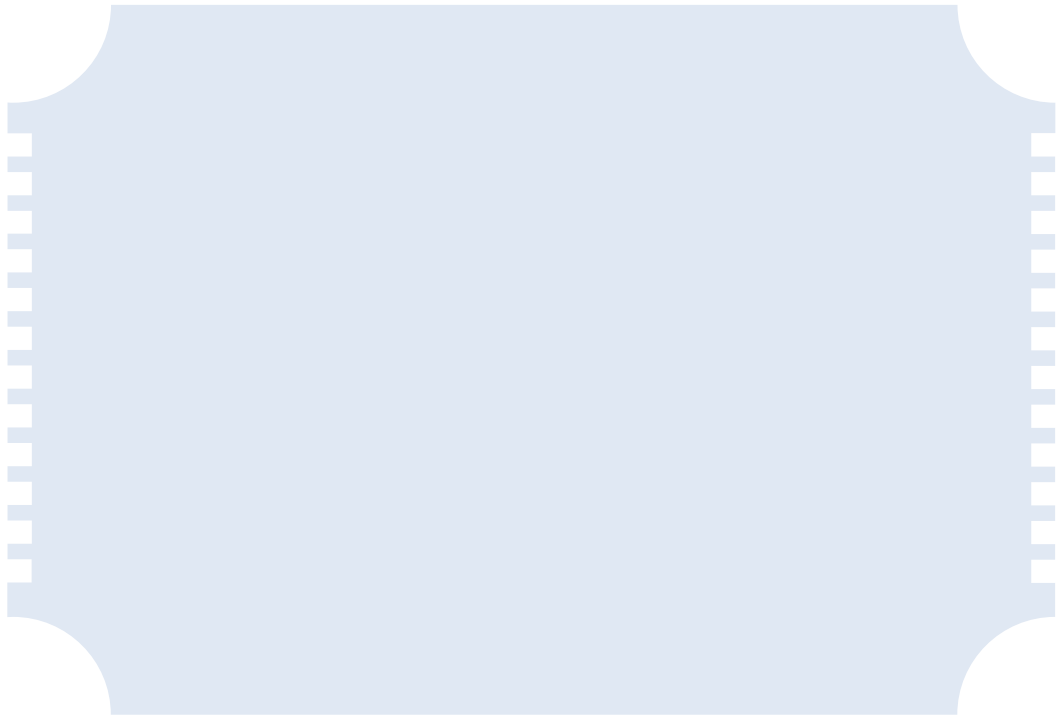
**I can't are two words I no longer recognize. I can stop worrying & will start living life to the fullest & enjoy every moment of it**

**I can't stop worrying**

**I'm feeling the toughness building up inside me that will enable me to conquer the defeated state I'm currently in, bouncing back stronger than ever**

# Things I love About Myself

List all the things you love about yourself

A large, light blue, rounded rectangular area with a dashed border, intended for writing a list of things loved about oneself. The area is empty and occupies the central portion of the page.

# CBT

## COGNITIVE BEHAVIORAL THERAPY

**Cognitive behavioral therapy (cbt) is a treatment approach that helps you recognize negative or unhelpful thought and behavior patterns.**

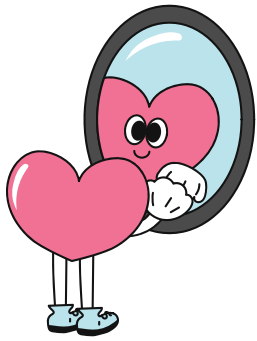
**It is okay that are aspects or your life you cannot control.**

**CBT aims to help you identify and explore the ways your emotions and thoughts can affect your actions. Once you notice these patterns, you can begin learning hw to change your behaviors and develop new coping steategies.**

**Let's practice writing down things you can vs, cannot control.**

**However, continuing to worry about the things you cannot control is like constantly holding an umbrella and waiting for it to rain. That "umbrella" will weigh you down eventually.**

**Through CBT, these thoughts are identified, challenged, and replaced with more objective, realistic thoughts.**



# Reflection

**FOR the worries that you can control, what can you do to mitigate these concerns? Can you make a to-do list or add these tasks on your calendar to stay more organized? In the upcoming pages, you can find materials that will help you do just that!**

**For the worries that you cannot control, try to imagine putting them away in a box, and take things one day at a time. In the upcoming pages, you can find coping techniques to help you feel calmer when thinking about these worries.**



# Dream Journal



# Journaling

A grid of 15 columns and 30 rows of light blue dots, intended for journaling. The dots are arranged in a regular pattern, providing a guide for writing.





Thank  
you!