Teen Anxiety Steps

Safety. Cues. Name. Fork. Calm. Check. Face. Sleep. Log.

Name: _____ **Date:** _____

1. Safety sort

Crisis or harm now?
Pause. Get help.

2. Notice body cues

Heart, stomach, chest,
breath, restless.

3. Name and rate

Worry, dread, social
fear. Rate 0-10.

4. Worry vs problem

Solvable step now, or
loop to park?

5. Brief calm skills

One breath cycle or
short grounding.

6. Thought check

Prediction? Evidence?
Fair next step?

7. Experiment / face

Small test or one
ladder step.

8. Sleep + phone

One guardrail: wake,
phone, wind-down.

9. Log and bridge

Log practice. Bridge
to safety tools.

Tip: anxious and able enough beats waiting for zero anxiety.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not a diagnosis. Prefer a safety plan in acute crisis.

Original layout by Lotus & Tulip, based on teen anxiety skill practice. A practice tool, not therapy.

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My Anxiety Plan

Cues. Rate. Fork. Calm. Check. Face. Sleep. Check-back.

Name: _____ **Date:** _____

Body cues I notice (heart, stomach, chest, breath, restless):

_____

Scene (where / when): _____

Name + rate (0-10):

_____

Worry vs problem fork (solvable step now, or loop to park?):

_____

_____

Calm skill + thought check (prediction / evidence / fair step):

_____

_____

Experiment / gentle face + sleep/phone ask:

1. Small test or ladder step: _____
2. Sleep / phone guardrail: _____
3. Adult I will update: _____

Chosen plan + check-back time:

_____

What I will try if anxiety rises mid-plan:

_____

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Anxiety Practice Log

Seven days of cues, forks, calm skills, and facing steps.

Name: _____ **Date:** _____

Day / date	Cue / rating	Move used	What helped	Reflect / note
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Scene: _____ Adult I tell: _____

Safety · Cues · Name · Fork · Calm · Check · Face · Sleep · Log

Anxious and able enough beats waiting for zero.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

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