Anxiety Care Steps

Map the cycle, test predictions, approach fears step by step.

Name: _____ **Date:** _____

1. Safety first

Risk or new body symptoms? Get help.

2. Assess

Measure with GAD-7. Not a diagnosis.

3. Anxiety cycle

Trigger, fear, body, avoid, cost.

4. Log it

Worries and anxious moments, a week.

5. Worry time

Park worries for one set daily slot.

6. Predictions

Write the fear. How sure? Test it.

7. Fear ladder

Eight to ten steps, easy to hard.

8. Exposure

Practice, drop safety behaviors.

9. Review

Keep what helps. Plan for setbacks.

What anxiety worksheets are and are not

Skill practice pages, best used with a clinician who can check safety.

Is Practical skills practice	Logs, predictions, ladders, reviews
Is not Not a treatment by itself	A diagnosis, a cure, relaxation only
Care Refer when more help is needed	Therapy, prescriber, primary care

Skill practice aid only. Does not diagnose or treat anxiety disorders.

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

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Original layout by Lotus & Tulip, based on published CBT and exposure research for anxiety. Not therapy.

Free printable from Lotus & Tulip · lotustulip.com/anxiety-worksheets.html

My Anxiety Plan

Contain worry, check predictions, climb one step at a time.

Name: _____ **Date:** _____

My anxiety cycle and worry time

My main trigger: _____

My fear or prediction (0 to 100): _____

What I avoid or do to feel safe: _____

My worry time (when, where): _____

My fear ladder and safety behaviors

Easier step (distress 0 to 100): _____

Middle step: _____

Harder step: _____

Top step (what it lets me do): _____

Safety behavior I will drop: _____

Coping menu, kind words, setback signs

Grounding or breathing skill I like: _____

What the body alarm really means: _____

My kind phrase for anxious moments: _____

Where I can act without certainty: _____

My setback warning signs: _____

If I notice them, I will: _____

Clinician or support to call: _____

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

Notes and what I want to try next:

_____

_____

_____

_____

_____

_____

_____

_____

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Anxiety Practice Log

What I feared, what happened, what I learned.

Name: _____ **Date:** _____

Day	Situation	I predicted	What happened	What I learned
1				
2				
3				
4				
5				
6				
7				

Anxiety pocket cards (cut out)

Alarm Loud is not dangerous	**Park it** Save it for worry time	**Check it** How sure am I, really?
Approach One step up the ladder	**Stay** Stay long enough to learn	**Drop one** One safety behavior less
Ground 5 4 3 2 1, feet on floor	**Kind voice** Anxious, and still able	**Safety** 988 · HOME 741741 · 911

Not a treatment. New chest pain or fainting: see a doctor. In danger: 988 or 911.

What I did this week despite anxiety:

_____

_____

_____

_____

_____

_____

_____

_____

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The complete, ready to print version is here:

Anxiety Worksheets for Therapists

Fillable PDF, 20 pages: worry log, fear ladder, exposure practice log, grounding and 0 to 10 anxiety scales

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4607254494 | instant digital download

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