LOTUS & TULIP · FREE STARTER PACK

Free Anxiety Worksheets *for Therapists*

6 real pages from the full 20 page set, for adult and older teen clients. Client use license included.

US Letter, print or annotate in any PDF app

Anxiety cycle · worry log · probability and catastrophe
fear ladder · 5, 4, 3, 2, 1 grounding · support and safety

All 20 pages: **etsy.com/listing/4607254494**

How to use this starter pack

Notes for the licensed clinician

Inside (8 pages)

1. Cover
2. How to use this starter pack
3. The anxiety cycle
4. Worry log
5. Probability and catastrophe
6. Fear ladder
7. Grounding, 5, 4, 3, 2, 1
8. Support and safety contacts

One way to use it

Map the anxiety cycle together first, in the client's own words, so avoidance and relief make sense as part of the loop. The worry log gathers real examples between sessions, and probability and catastrophe slows one feared outcome down. Grounding gives a skill to use straight away, and the fear ladder plans graded exposure steps with you.

Client use license

You may print and share these pages, on paper or as PDF, with your own clients, in session, as homework or through your telehealth or client portal. Please do not resell them or post the file on other websites; share the link to the free download instead.

Safety first

Anxiety can travel with depression, substance use or thoughts of suicide. Use these pages alongside your own assessment, and plan exposure work together with the client. The last page lists the US 988 Suicide and Crisis Lifeline and 911.

Good to know

An educational tool for licensed clinicians and other qualified professionals. It does not diagnose or treat any condition and is not a substitute for professional care.

Designed with the help of an AI generator, then reviewed and edited page by page. All wording is our own.

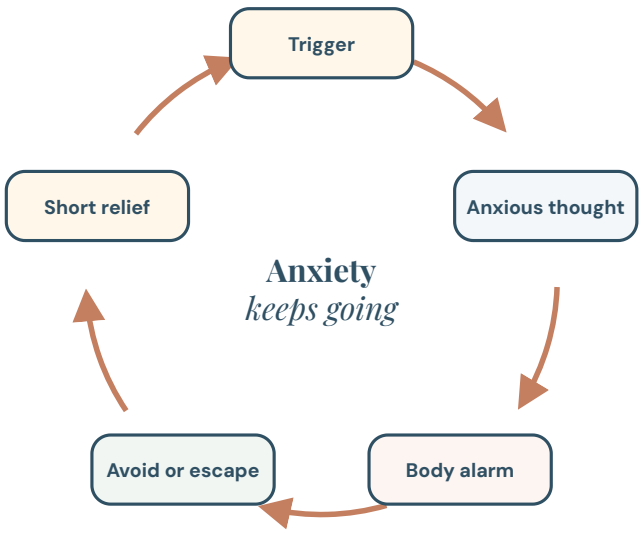
The full anxiety set: 17 worksheets plus a support and safety page, 20 pages

Worksheet	In this pack	Worksheet	In this pack
The anxiety cycle	Yes	Box breathing	Full set
Worry log	Yes	Progressive muscle relaxation	Full set
Worry time	Full set	Body scan of anxiety	Full set
Probability and catastrophe	Yes	Coping cards	Full set
Fact or feeling	Full set	Uncertainty tolerance	Full set
Fear ladder	Yes	Self-compassion for anxious moments	Full set
Exposure practice log	Full set	Relapse prevention plan	Full set
Safety behaviors audit	Full set	Weekly anxiety tracker	Full set
Grounding, 5, 4, 3, 2, 1	Yes	Support and safety contacts	Yes

Full anxiety set, EUR 12: etsy.com/listing/4607254494 · **Therapist Worksheets Mega Bundle** (8 packs incl. anxiety, CBT, DBT, ACT and grief), 160 pages, EUR 39: etsy.com/listing/4607247979

The anxiety cycle

Map how anxiety keeps itself going, in the client's own words



Relief feels good, so the brain learns that avoiding was the answer. The cycle then starts again, a little stronger.

My cycle

Trigger (where, who, what)

Anxious thought (what if...)

What my body does

What I do to escape or avoid

What I feel afterward

What this cycle costs me (time, plans, mood, relationships)

Where I could step out of the cycle

One small experiment I will try before our next session

Worry log

Catch worries as they show up, then look for patterns

Date and time	Trigger	The worry (what if...)	Anxiety (0 to 10)	Can I act on it? (yes or no)	What I did

Patterns I notice (times, places, topics)

Name _____ Date _____

Probability and catastrophe

Compare the fear with the full range of what could happen

The fear (write it as a prediction)

Worst case
What I am afraid of

Chance this happens: _____ %

Best case
What I hope for

Chance this happens: _____ %

Most likely
What usually happens

Chance this happens: _____ %

If the worst did happen

How would I cope? What would I do first?

Who or what could help me?

A time I predicted something like this	What actually happened	What I learned

Fear ladder

Plan exposure steps from easier to harder with your clinician

What I am working toward, and why it matters to me

Start at the bottom rung and work up. Aim for steps that feel doable but uncomfortable. Rate expected distress from 0 (none) to 100 (the most ever).

10	Distress (0 to 100)	Situation or action
9	Distress (0 to 100)	Situation or action
8	Distress (0 to 100)	Situation or action
7	Distress (0 to 100)	Situation or action
6	Distress (0 to 100)	Situation or action
5	Distress (0 to 100)	Situation or action
4	Distress (0 to 100)	Situation or action
3	Distress (0 to 100)	Situation or action
2	Distress (0 to 100)	Situation or action
1	Distress (0 to 100)	Situation or action

Grounding, 5, 4, 3, 2, 1

Bring attention to the room using the five senses

Anxiety before 0 1 2 3 4 5 6 7 8 9 10

5 things I can SEE

4 things I can TOUCH or feel

3 things I can HEAR

2 things I can SMELL

1 thing I can TASTE

Anxiety after 0 1 2 3 4 5 6 7 8 9 10

Other ways to ground

Press feet into the floor | Hold something cold | Name the date and place | Count backward by 7

Slow sip of water | Describe an object in detail | Walk and notice each step

My favorite way to ground

Support and safety contacts

Fill in with your clinician and keep it close

My warning signs

Things I can do on my own to feel safer

People I can reach out to (name and number)

My clinician and practice contact

In the United States, if you are in crisis or thinking about suicide: call or text **988** (988 Suicide and Crisis Lifeline), or chat at 988lifeline.org. In an emergency, call **911**. Outside the US, contact your local emergency number.

Anxiety is common and treatable. These pages support, and do not replace, care from a licensed professional.

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Anxiety Worksheets for Therapists, all 20 pages

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

Get it on Etsy

etsy.com/listing/4607254494 | instant digital download

See every page first: lotustulip.com/anxiety-worksheets-for-therapists.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.