

Anxiety Worksheet

10 Steps Towards Feeling Much Happier

Anxiety can be a healthy emotion because it makes us focus on our risks, problems, and fears. Sometimes anxiety can also get out of control. This is when we feel scared, paralysed, and unable to move forward. We sometimes lose our objectivity, paranoia sets in and we become unpredictable.

This worksheet aims to help by encouraging us to be more objective, more rational, and to problem solve the problem using the best version of ourselves. The best version of ourselves is not stressed and not worried. The stressed version of ourselves lowers our IQ significantly, so we need the 'level headed' person to be present to get the best possible outcome.

1. What are you worried about?	
2. Why are you worried about this problem?	
3. What is the worst outcome of this problem?	
4. Write down as many facts as you can about this problem (Things that you know to be true).	
5. Name 3 consequences of this worst outcome happening.	
6. What is the most positive outcome of this problem?	
7. Name 3 consequences of this best outcome happening.	
8. Draw a line between two dashes below as to what is likely to happen. Worst outcome ----- Best Outcome	
9. How would <u><enter name of someone you respect a lot></u> deal with this problem?	
10. Write 3 things you can do to move the outcome more towards the 'Best Outcome'.	

Read: <https://www.makingbusinessmatter.co.uk/mental-health-in-the-workplace/>