A PAUSE, A PRACTICE, A NEXT STEP

Anxiety

When worry takes up too much space.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Name the concern

Put the worry into one sentence. Notice whether it describes something happening now or something you fear might happen.

01 / Notice and reflect

What am I worried might happen?

02 / Notice and reflect

What do I know, and what am I assuming?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Contact your care team when anxiety disrupts sleep, school, work, or relationships, or when avoidance keeps growing. New or severe physical symptoms need medical attention rather than an assumption that they are anxiety.

Read more: NIMH · Generalized anxiety disorder

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.