PARAMOUNT
COUNSELING SERVICES

Compassionate Care. Meaningful Growth.

Anxiety
Self-Reflection Worksheet

Pause. Reflect. Reset.

Anxiety is a natural response, but when it feels overwhelming, taking time to reflect can help you regain perspective and choose your next best step.

1. Check In With Yourself

Take a moment to assess how you're feeling right now.

- ☐ Calm
- ☐ Anxious
- ☐ Overwhelmed
- ☐ Stressed
- ☐ Other: _____

2. Identify the Trigger

What might be contributing to your anxiety?
(Check all that apply or add your own.)

- ☐ Work or school
- ☐ Relationships
- ☐ Health concerns
- ☐ Finances
- ☐ Uncertainty
- ☐ Social situations
- ☐ Past experiences
- ☐ Too much on my plate
- ☐ Other: _____

3. Explore Your Thoughts

What thoughts are going through your mind?
(e.g., "What if I fail?", "I can't do this," "Something bad will happen.")

_____

_____

_____

_____

4. Notice the Impact

How is anxiety affecting you?
(Check all that apply.)

- ☐ Sleep
- ☐ Mood
- ☐ Focus
- ☐ Appetite
- ☐ Relationships
- ☐ Daily Functioning
- ☐ Other: _____

5. Choose a Coping Strategy

What can you do right now to feel better?
(Try one or more.)

- ☐ Practice deep breathing
- ☐ Use a mindfulness exercise
- ☐ Take a break and move your body
- ☐ Challenge unhelpful thoughts
- ☐ Reach out to someone supportive
- ☐ Do something you enjoy
- ☐ Other: _____

6. Set a Positive Intention

What's one kind and realistic goal you can set for yourself right now?

_____

_____

_____

_____

You've got this.

Small steps can make a big difference in managing anxiety and supporting your well-being.