



@WhatsTheFear
Empower, Inspire & Grow



Overcoming Anxiety:

A Journey Within

Dear resilient spirit:

Beneath the ripples of anxiety lies a reservoir of wisdom, messages, and emotions that yearn to be heard. Within these pages, you'll find a guiding hand, leading you towards the root cause of your anxiety, helping you to uncover, understand, and gently heal. Every emotion, especially anxiety, is a compass pointing you to your innermost feelings and fears. Let's embark on this journey together, to understand, learn, and grow.

Emotional Check-In

Today, I feel:

- Anxious
- Depressed
- Stressed
- All of the above
- Other: _____

Emotions, even the challenging ones, come bearing gifts of insight. They offer windows into our deepest needs, desires, and wounds.

What are you learning about yourself from these experiences?

- My boundaries are being tested or crossed.
- I need more self-care and me-time.
- I might be overwhelmed and need a break.
- I'm undergoing a change or transition.
- Other: _____

Exploring the Triggers of Anxiety

Recognizing what sparks your anxiety is the first step towards understanding and healing.

Common Triggers for Anxiety

Directions: Circle the triggers that resonate with your experiences or add your personal triggers that might not be on this list.

Large crowds | Heights | Family issues

Initiating conversation | Maintaining conversation |

Fear of being alone

Mistakes | Reflecting on the past | Animals

Home environment | Concerns about illness | Add your own: _____

School | Facing the unfamiliar | Work

Restlessness | Confined areas | Encountering new faces

Unexpected events | Confrontation | Thrill rides |

Financial concerns



Deep Dive into Your Triggers

1. What are the three predominant triggers for your anxiety?

2. Think back to the most recent moment each trigger impacted you. Can you describe the setting, the emotions, and the surroundings?

- a) _____
- b) _____
- c) _____

3. How do you currently manage these triggers? Do these strategies bring relief and comfort?

- a) _____
- b) _____
- c) _____



Understanding the Roots of Anxiety

1. Reflect on the deeper fears, insecurities, or worries beneath your anxiety. What truly lies beneath?
2. Is there something, or someone, you're avoiding or ignoring?
3. Think about a recent experience. Did it evoke memories of past pain, trauma, or hurt?

Transforming Anxiety into Growth:

Every emotion, dark or light, holds a lesson. They can guide us, reshape us, and strengthen us.

1. What are these triggers and experiences communicating to you about your needs, boundaries, and desires?
2. What proactive steps can you consider enhancing your well-being and address these triggers?
3. From these reflections and insights, what are you learning about yourself? How can you use this newfound knowledge to your advantage?

Closing Thoughts

You are not defined by your anxiety, but by the strength and wisdom you gather in its wake. This worksheet is a testament to your commitment to self-awareness, healing, and growth. Remember, emotions are our soul's way of communicating with us. Even during shadows cast by anxiety and stress, there lies a deeper meaning, a call to understanding.

In the embrace of self-reflection, you'll find that even challenging emotions are messengers of profound truths. By leaning into them, by seeking to understand, you create a bridge to deeper self-awareness and love. May this worksheet shed light on your truth on way through the storms and into a haven of inner peace and clarity. Continue to shine, even on cloudy days.





admin@whatsthefear.com



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