



I Know That Feeling: My Personal Anxiety Story

This worksheet will help you identify what triggers your anxiety, recognize the signs of anxiety, and, ultimately, help you calm your anxiety.

Do you want to focus on one of the common triggers?

- Overthinking
- Overachieving
- Low Self-Esteem
- Pessimistic Thinking
- Traumatic Events
- New Experiences

If none of these triggers fit, think back to the last time you felt overly anxious. Or maybe you feel that way right now.

What were doing when you became anxious?

Who were you with when you became anxious?

What thoughts were running through your head when you became anxious?

How were you feeling physically when you became anxious?
Were you sleep deprived? Not eating well? Not active?

Was there more than one trigger? Maybe a series of events that led to an your anxiety taking control?

Hopefully you've been able to identify at least one trigger.
What is it?

YOUR TRIGGERS

Next, let's focus on recognizing the signs that your anxiety was sneaking up on you.

Did you experience physical signs? Shortness of breath, dizziness, upset stomach, racing heart, sweating, etc.?

How about a change in your daily habits? For example, procrastinating, overeating, overspending, oversleeping, etc.

How about a change in your inner voice? For example, an increase in self-doubt, self-criticism, guilt, judgment, etc.

How about a change in your relationships? Were you avoiding people? Shutting down? Or relying too heavily on people?

Hopefully you've been able to identify at least one sign.
What is it?

YOUR SIGNS

Now the hard part, what **actions** will you take to calm your anxiety the next time you recognize these triggers and signs?

- Would meditation or similar techniques help?
- How about trying some calming teas?
- Do you need to exercise?
- Do you need to change your diet?
- What mindsets do you need to change?
- Do you need to re-evaluate your expectations?
- Do you need to re-evaluate your priorities?
- Do you need to set limits on your time to avoid perfection?
- Do you need to identify your red flag & green flag people?
- Do you need to establish some healthy boundaries?
- Do you need to be intentional with your media use?
- Could you use some mentors; suggestions:
 - Mel Robbins - Brene Brown - Jordan Peterson
 - Simon Sinek - Evan Carmichael - Julia Kristina
 - Charlie Houpert (Charisma on Command)

Maybe becoming a member of The
Expectation Gaps would help 😊

<https://theexpectationgaps.com/membership-tiers/>