



# Anxiety Pattern Mapping

Identify the roots. Understand the patterns. Interrupt the cycle.

Anxiety follows patterns — even when it feels chaotic. This worksheet helps you identify the triggers, thoughts, sensations, and behaviors that create your anxiety loop, so you can break it earlier and more effectively.

## *What Activated My Anxiety?*

Prompt:

Describe the situation, moment, or interaction that sparked anxiety.

- What happened right before the anxiety started?
- Was anything stressful happening earlier in the day?
- Did you feel rushed, pressured, or overwhelmed?

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BE KIND TO YOURSELF, ONE DAY AT A TIME.





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## *Thought Pattern Mapping*

Prompt:

Write down the exact thoughts that appeared when the anxiety began.

- What did your mind say?
- Did the thoughts spiral or repeat?
- Were they predictions, assumptions, or fears?

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## *Emotional Layer Identification*

Prompt:

List the emotions you felt underneath the anxiety.

Examples: fear, dread, shame, uncertainty, overwhelmed, unsafe.

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# Body Sensation Scan

Check the ones that apply, or add your own.

Tight chest

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Knot in stomach

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Racing heart

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Shallow breathing

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Sweaty palms

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Shaking

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Numbness

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Hot or cold

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Head tension or pressure sensations

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Other

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## *Behavior + Coping Response*

Prompt:

What did you do in response to the anxiety?

Examples: withdraw, overthink, avoid, seek reassurance, get irritable, shut down, cry.

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## *What Helped (or didn't)*

Prompt:

List what calmed you — or what made it worse.

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## *Pattern Summary (key insight)*

Prompt:

Looking at everything you wrote, what pattern do you notice?

Reflection:

A pattern I notice is...

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## *Reflections*

Prompt:

What is one thing I can do next time I feel this pattern beginning?

What do I want to remember about this pattern?

What reassuring statement can I return to?

Write a supportive note to my future self.

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