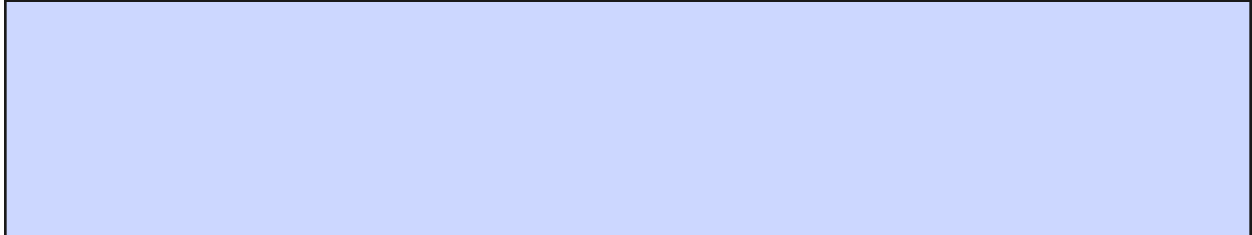


ANXIETY PATTERN INTERRUPT — Worksheet

Complete Steps 1 and 2 below.

STEP 1 — Name What's Happening

Say: "My anxiety is activated. I'm safe enough to pause."



STEP 2 — Grounding Questions

1. What is happening right now—not in my imagination?
2. What is in my control in this moment?
3. What do I need in the next 60 seconds?



ANXIETY PATTERN INTERRUPT — Worksheet

Complete Steps 3 and 4 below.

STEP 3 — Somatic Anchor

Choose one:

- Press feet into the floor
- Hand on chest + slow exhale
- Roll shoulders back twice
- Clench & release fists
- Touch something cool or textured



STEP 4 — Truth Statement

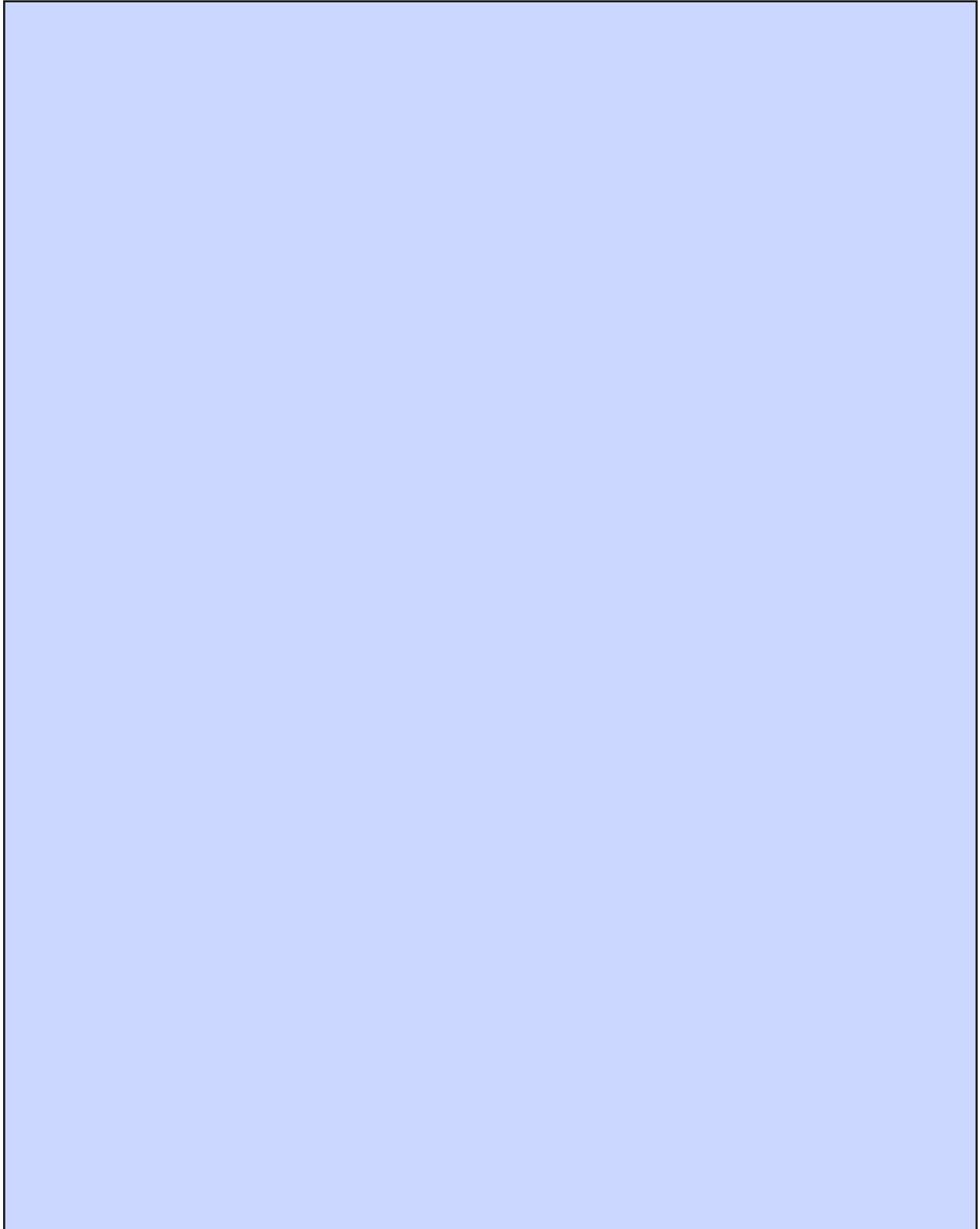
Choose one:

- This moment is uncomfortable, not dangerous.
- My body is reacting, not predicting the future.
- I can get through the next minute.
- This will pass.



Additional Notes — Page 1

Use this space for deeper reflection.

A large, empty rectangular box with a light blue background, intended for reflection notes. The box is centered on the page and occupies most of the vertical space below the introductory text.

Additional Notes — Page 2

Continue writing, exploring thoughts.

