



Dr. K's Guide to Mental Health

Anxiety Module | Anxiety is a Learned Behavior | Worksheet

Exercise: Write a short description of your anxiety – What kinds of thoughts do you have? What are the specific triggers of your anxiety?

Next, write one page about your past with anxiety. Where did you learn to be worried about those triggers? Did you have a major or traumatic event that left you anxious? Did you have a series of small events that could have built up your anxiety over time?