

# IDENTIFYING ANXIETY TRIGGERS

Below is a list of potential triggers. Rate your reaction to each from 0-7, with 0 being no anxiety and 7 being an intense level of anxiety.

Clutter	1	2	3	4	5	6	7
Time alone	1	2	3	4	5	6	7
Feeling a lack of accomplishment	1	2	3	4	5	6	7
Media overload	1	2	3	4	5	6	7
Fear	1	2	3	4	5	6	7
Pain	1	2	3	4	5	6	7
Failure	1	2	3	4	5	6	7
Concerns about appearance	1	2	3	4	5	6	7
Thinking about the future	1	2	3	4	5	6	7
Making a mistake	1	2	3	4	5	6	7
Socializing	1	2	3	4	5	6	7
Arguing	1	2	3	4	5	6	7
Criticism	1	2	3	4	5	6	7
Strangers	1	2	3	4	5	6	7
Family	1	2	3	4	5	6	7
Other_____	1	2	3	4	5	6	7
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Other_____	1	2	3	4	5	6	7
Other_____	1	2	3	4	5	6	7