

Event that may cause me anxiety. Preparation worksheet:

It can be helpful when we are going into a situation that may cause anxiety or nerves to be prepared.

Use this worksheet to figure out things that may make you anxious and overwhelmed and prepare in advance.

What upcoming event is causing me anxiety?

What might make me feel anxious during the event?

What things can I say or do to prepare myself before the event?

How have I handled it before?

How will i know I'm getting anxious and how will I cope?
