Troubleshoot Your Anxiety

A Personal Assessment



THERAPY IN A NUTSHELL

In this worksheet, we'll explore 7 common reasons you might feel anxious. As you go through the questions if you find yourself answering more than 4 from any category with "yes", then that's a sign to explore that category and try the skills and resources for that category.

Please refer to the original video (Anxious But You Don't Know Why) for a more detailed explanation of each category.

Disclaimer:
This is not a formal assessment, or a diagnosis in any way, it's just a chance to explore your anxiety.
Work with your individual medical and mental health providers for individualized guidance.
And, as always, seek treatments that align with your deepest sense of what is right and your personal life direction.

Copyright Therapy in a Nutshell, LLC 2024

1

Worry	Yes	No
Do you worry about things a lot?		
Do you have a hard time relaxing?		
When you lie down to sleep, does your mind race?		
When something good might happen, do you imagine everything that might go wrong?		
Do you worry about the past too much?		
Do you overthink and overanalyze situations?		
Do you feel uncomfortable if you don't keep your mind busy with social media, the news, or other activities?		

Resources

- Scheduled Worry
- Brain Dump
- Journaling
- Positive Imagery

2

Body	Yes	No
Do you feel tight, tense, or jittery?		
Do you frequently have an upset stomach or headaches?		
Do you get sick frequently?		
Do you struggle to eat healthily? Or to get enough sleep?		
Do you grind your teeth at night? Do you have back pain or muscle tension?		
Do you get less than 30 minutes of physical movement each day?		
Do you drink too much caffeine, or eat too much sugar?		
Do you use drugs, alcohol, or nicotine?		

Resources

- Sleep
- Exercise
- Nutrition
- Turn on the Parasympathetic Nervous System (Stress Release)
- Progressive Muscle Relaxation
- Anxious Sensations in the Body

3 Overwhelm

Overwhelm	Yes	No
Does your calendar feel extra full?		
Are you busy all the time? do you rush from one activity to the next?		
Do you feel like you can't take breaks, relax, or do self-care?		
Do you find it hard to say no to people?		
Do you take on too many commitments?		
Do you feel disorganized? Rushed? Constantly late?		
Are you overly stressed about money, work, or other responsibilites?		

Resources

- Slow Productivity by Cal Newport
- Burnout by Emily Nagoski
- Take 25% less commitments
- Have a ritual to celebrate when you finish something
- Schedule in time to relax, or time to do deep, un-interrupted work
- Allow your body time to release stress (exercise and relax)
- Locus of Control activity
- Say no to taking on new commitments
- Set Boundaries

4 Avoidance

	Yes	No
Do you try to control everything?		
Do you distract yourself with TV, social media, creating drama, humor or daydreaming?		
Do you blame others or get angry a lot?		
Do you procrastinate?		
Do you overindulge in pleasure seeking, like food, shopping, sex, or drugs?		
Do you isolate yourself or withdraw from social situations?		
Do you intellectualize? (instead of feeling your emotions)		
Do you overwork or find ways to keep busy?		
Are you an adrenaline junky, or do you seek excitement through impulsive behaviors?		
Do you use coping skills like mindfulness, breathwork, relaxation, positive thinking, oversleeping in order to avoid your feelings?		

Resources

- Avoidance Fuels Anxiety Video
- Practice Willingness
- Use Gradual, Gentle ways to help you face fears intstead of avoiding them

5

Trauma/Unresolved Emotions	Yes	No
Do you have memories of the past that you try not to think about?		
Are you jumpy, or constantly scanning for threats? (Hypervigilance)		
Do you have a history of abuse or neglect, even if you think it's not that bad?		
Do you come from a "Dysfunctional Family", which includes observing violence, substance abuse, incarceration, being emotionally abused or neglected?		
Do you get emotionally triggered or suddenly overreact to people or situations without really knowing why?		
Do you suppress emotions rather than addressing them?		
Are there specific people, situations or places that you avoid because they remind you of past trauma?		
Do you experience flashbacks, nightmares, or intrusive thoughts related to past events?		

Resources

- Get support, go to therapy.
- PTSD/Trauma Resources Playlist
- Learn to regulate your body (I've got a free course)
- Learn to process emotions
- Work through the thoughts, sensations and memories little by little- (journaling, therapy, with a friend, etc)
- Create internal sense of safety with boundaries

6 Perfectionism/Self-Judgement	Yes	No
Do you beat yourself up?		
Do you feel like you're never good enough?		
Do you compare yourself to others?		
Do you frequently feel guilty or ashamed?		
Do you have unrealistically high standards?		
Do you feel worthless if you're not keeping busy, productive, or helping others?		
Are you afraid that other people are constantly judging you?		

Resources

- Learn to recognize your unhelpful thoughts (part 2 https://youtu.be/5zuv4DD0BO4
- Create some space where you can doubt them
- Choose to place your attention on thoughts that are more helpful for you.
- Perfectionism and People Pleasing Course

7

Catastrophizing	Yes	No
Do you expect the worst to happen?		
Do you try not to get your hopes up so that they don't get crushed?		
Do you visualize every possible bad outcome?		
If a few bad things happen in your day, is the whole day "ruined"?		
If you fail at something once, do you expect that you will always fail at it?		
Do you often think "Why try?" or "If I can't do it perfectly it's not worth it."		
Do you think that others are out to get you, or that the game is rigged, or that success just isn't possible for someone like you?		

Resources

- Catastrophizing
- All or Nothing Thinking
- Black and White Thinking
- Expecting the Worst
- Perfectionism
- Everyone is Judging me

HABIT BUILDER

MONTH

Intention	Focus Area	Tasks

DAY / HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

"How we spend our days is, of course, how we spend our lives." -Annie Dillard

HABIT BUILDER

MONTH March

Intention

Have more energy

Focus Area

Vitamins
Sleep

Tasks

-Buy a Pill Case
-Set a Reminder on my phone to go to bed for 10:45

This is where you write what you want to accomplish, a direction, not a goal

Write 1-2 areas that you'll work on to move toward your intention.

Put one-off to-do's in this area. Tasks or items you need

Write a couple of habits here, I like to include at least one thing I'm already doing well

DAY / HABIT	1	2	3	4	5	6	7	8	9	10	11	15	16	17	18	19	20	21	22	23	30	31
Take Vitamin	✓	✓	✓	✓	✓	✓	✓	✓														
Brush Teeth AM	✓		✓		✓	✓	✓															
Brush Teeth PM	✓	✓	✓	✓	✓	✓	✓	✓														
In Bed by 11	✓	✓	✓	✓			✓	✓														

Put your checkmarks here. Try not to miss two days in a row.

You can do this! 1% changes add up over time!!

"How we spend our days is, of course, how we spend our lives." -Annie Dillard