

Anxiety Worksheet for Teens

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"I CAN POWER THROUGH MY ANXIETY!"

It's okay to feel anxious. The important thing is that you're able to find it within you to work through it! It takes time to get the determination to do that so we're going to take baby steps by starting with this exercise. We believe that you can power through your anxieties! We just need to identify them, as well as have you indicate how you feel and react in relation to your bouts with your anxieties. **Please be as detailed as you can as you write down your answers below.**

QUESTIONS

The three things that make me the most anxious are...

1. School in general.
2. Speaking in front of class.
3. Looking towards the future.

When I feel anxious...

My body goes through...

Indicate physical changes like "My skin started to feel cold," "I have trouble breathing," "I feel a sharp pain in my chest," or "My voice starts to tremble."

Sometimes my voice trembles. Sometimes, I start shaking, especially if I'm worried about something. I also feel fatigued whenever I get anxious.

I think about...

Indicate the kinds of thoughts you have when you're anxious, like suddenly feeling like you will fail at something, thinking about isolating yourself, thinking that you're being judged, etc.

There are a number of things about school that make me anxious. Luckily, there are no bullies where I study. I've got great friends, and everyone is generally nice.

But whenever I think about speaking in front of class (because we're going to have speech drills next quarter), I just start shaking and I stutter. My parents and brother pointed it out while having dinner.

I also feel like, if ever I fail a class, my friends will judge me and not want to be friends. And my family will be really disappointed and start treating me differently.

Math Worksheet Anxiety Relief 2025

Jill Pluquailec



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