

Understanding Your Anxiety and Triggers

Anxiety and panic and the fear of the sensations accompanying them can lead us to avoid situations.

This worksheet helps clients identify which anxiety triggers lead to avoidance and requires focus during Interoceptive Exposure Therapy.

Complete the following:

List five triggers for your anxiety (for example, going out for dinner or meeting new people):

1.	
2.	
3.	
4.	
5.	

Think about each of these triggers and ask yourself the following questions:

Am I avoiding any of these triggers because of my anxiety?

Are there occasions when I experience the triggers and react in ways I don't want?

List those triggers for which you answered yes and include the sensations they cause

Trigger	How does your behavior change?	What sensations do you experience?
1.		

Trigger	How does your behavior change?	What sensations do you experience?
2.		
3.		
4.		
5.		

Therapy provides an opportunity to work on these triggers, reduce their impact, and allow you to continue your life as you wish.

Dr. Jeremy Sutton