



# Preventing Anxiety

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Purpose: Better understand how anxiety and worry enters and impacts your life.

## Anxiety Exercise #3

Our real goal is to not to fall into worry again. Besides praying, there are things we can do. Anxiety is not honoring to God nor helpful for us or others. Anxiety never helps but only hurts. People often feel as if they just fall into worry. This is not true. There are things that happen to bring a person to this lack of confidence that things can not work out. This worksheet wants to help you to develop certain observational skills needed to avoid anxiety. Start with the middle column.

# Start of worry

Previous  
circumstances

Why did you not  
worry before this  
time?



Present  
circumstances

What event or thought triggered  
this worry?

What are the results of  
worrying. Be as  
thorough as possible.