

Identifying Anxiety Triggers



Dr. Nathan Brandon
Online therapy

INSTRUCTIONS: Indicate any of the triggers from the list below that apply to you and add any personal triggers you can identify.

Public speaking

Flying

Crowds

Test-taking

Driving

Confrontation/conflict

Making a mistake

Being alone

Heights

Finances

Fear of dying

Standing in lines

Stress

Not enough sleep

Caffeine

Home environment

Family

Public events

Social gatherings

Negative self-talk

Work environment

Skipping meals

Nicotine

Personal Triggers:

What are the most frequent triggers for your anxiety?

What types of thoughts or behaviors are associated with these triggers?

What are your current coping strategies to manage these triggers? Are they effective?

List some possible strategies or coping skills for managing your anxiety more effectively: