

## ***Anxiety Worksheet***

### ***Questions to ask yourself when you begin feeling anxious:***

1. What is making me anxious? What are the thoughts I'd just been having when I **started** feeling nervous? Really try to identify what specifically is going on and where the anxiety began. What is the **actual problem** I'm facing?
2. What am I worried is going to happen? What is my "worst case scenario"? What are the "what if?" questions that are immediately popping into my mind?
3. Next take a minute to think through those worst-case scenarios you imagined. Are any of them logical? Are they truly threats that should be considered and wisely dealt with? Or are they vain imaginations that are not logical and very unlikely to be an actual threat?
4. Now brainstorm: What is the **wisest** and most **loving** way to resolve the actual, true, real problems... using the Bible as my source of truth and my authorities and wise friends to help me think through this?
5. Are there any ways I am trying to manipulate or control the outcome to get what I think is the best resolution?

### ***Evaluate past difficult anxious situations:***

1. How can I see that God was in control and was sovereignly unfolding the situation just the way He thought was best?
2. What have I been able to learn about my thinking, desires, and beliefs by paying attention to my "what if?" questions and fears?
3. What has been the outcome (at this point in time) of the incident that caused me anxiety? What did I learn about God in the process? What did I learn about myself? How did I grow?
4. Is the situation resolved? Does it still cause me anxiety, fear, or worry? What would Biblical lament look like in this situation (if needed)? How can I remain confident in the decisions I made that I believed were wise and loving at the time?