

What Are Your Anxiety Triggers?

We all have anxiety triggers. These are real or imagined situations or events that cause you to be anxious. Understanding and identifying these triggers can help you learn the best ways to challenge and manage them.

The following are some common anxiety triggers. Circle the ones that affect you or add your own.

Trauma
Financial stress
Family issues
Thinking about the future
Making mistakes
Fear of failure
Large groups/crowds
Thinking about the past
Work
School
Confrontation/arguments
Trying something new

Meeting new people
Initiating a conversation
Being alone
Trying to make others happy
Having too much to get done
Not being prepared
Giving a presentation
Travelling
Hearing others argue
Sudden changes to plans
Small spaces
Large, open spaces

Fear of rejection
Illness
Fear of dying
Animals

✱ What 3 triggers do you experience the most?

✱ Why do you think these triggers make you anxious?

✱ When was the last time you were affected by each trigger?

✱ How do you currently cope with these triggers? Are these methods working?
