

Cost of Anxiety Management

1. Write down a situation or event that came up recently which caused anxiety.
2. Write down what fear or concern came up in response to the situation or event you named.
3. What did you try to do to reduce or manage the anxiety or concern in that situation? Write that in the third column.
4. What were the costs? When you think about living a full, healthy life, what did you lose by responding the way you did to anxiety in this situation. Write that in the fourth column.

Situation / Event	Anxiety / Concern	Coping Behavior	Costs