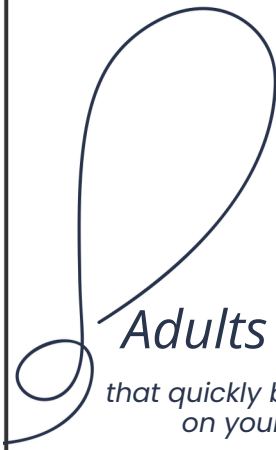




ANXIETY SELF - REFLECTION WORKSHEET



Adults with ADHD can experience anxiety that quickly becomes overwhelming. Taking time to explore this, whether on your own or with support, can help make sense of thoughts and emotions and reduce their impact.

01. EXPLORE THE ORIGINS
What did anxiety feel like when I was young?

02. EXPLORE THE ORIGINS
When do I first remember feeling this way?

03. EXPLORE THE ORIGINS
Who in my early life also seemed anxious?

04. EXPLORE THE ORIGINS
How was anxiety talked about in my family?

05. EXPLORE THE ORIGINS
Was I encouraged or discouraged from expressing worry?

06. EXPLORE THE ORIGINS
When I felt anxious as a child, who did I turn to?

07. EXPLORE THE ORIGINS
Was I labelled 'anxious' as a child or teenager?

08. EXPLORE THE ORIGINS
Were there moments I had to 'keep it together' early on?

09. EXPLORE THE ORIGINS
Did I feel safe asking for help when worried?

10. ANXIETY IN THE BODY
Where in my body do I feel anxiety?

11. ANXIETY IN THE BODY
What physical sensations signal anxiety rising?

12. ANXIETY IN THE BODY
What do I usually do when I notice those signs?

13. ANXIETY IN THE BODY
Do I try to push the feelings away or respond to them?

14. ANXIETY IN THE BODY
What feeling am I scared of feeling most?



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15 ANXIETY IN THE BODY
How does my body react in social situations?

16 ANXIETY IN THE BODY
Do I notice differences between emotional and physical anxiety?

17 ANXIETY IN THE BODY
When do I feel most calm and relaxed physically?

18 ANXIETY IN THE BODY
Is there a pattern to when my body tenses up?

19 ANXIETY IN THE BODY
How do I soothe or care for my body when anxious?

20 ANXIETY IN THE BODY
What helps bring me back into my body when overwhelmed?

