

DISCOVERING THE CORE FEAR BEHIND YOUR ANXIETY

ANXIOUS STATE

Briefly describe what makes you feel anxious. What situations or events trigger your anxiety? When are you most likely to feel anxious? What might you avoid doing because you would feel too anxiety?

1.

2.

3.

CORE FEAR

Try to identify the core fear hind your anxiety. What is the worst that could happen in the anxious situation? Is there some catastrophic outcome you fear? What is the threat or danger posed to you or your loved ones?

1.

2.

3.

You may be having difficulty identifying the core fear that occurs when you feel anxious, because most of us focus on the feelings of anxiety more than on what is making us anxious. Ask yourself, "What is so threatening or upsetting about this situation?" and "What's so bad about this situation?" Sometimes the core fear in anxiety is simply the fear that you'll feel anxious!