

## Anxiety Trigger Worksheet For Adults

List the triggers which are low ,moderate and high anxiety provoking. And rate them on 1-5 scale,where 1=very low and 5=very high anxiety provoking.

Low anxiety provoking things/situations	Rate on 1-2-3-4-5	Moderate anxiety provoking things/situations	Rate on 1-2-3-4-5	High anxiety provoking things/situations	Rate on 1-2-3-4-5