

ACE Anxiety Worksheet

A – Accept: Complete the Accept statement:

I accept that my anxiety makes me feel, think, behave:

C – Challenge: I will challenge my anxiety by:

Doing deep breathing	Doing a mindfulness technique	Listening to calming music
Exercising	Saying something positive about the moment I'm in	If a physical ailment, talk to your doctor to see if it actually exists

E – Evaluate: Mark which statements help you evaluate your anxiety:

<input type="checkbox"/> Is this something to really worry about?	<input type="checkbox"/> Has this worry occurred before, was it as bad as I thought?	<input type="checkbox"/> What can I do to manage this situation/fear?
<input type="checkbox"/> Is this from my past affecting me in the present?	<input type="checkbox"/> Is my worry likely to come true?	<input type="checkbox"/> If the worst happens, what would be so bad about that?
<input type="checkbox"/> What hard data do I have that my anxiety is warranted?	<input type="checkbox"/> What would solve this issue?	<input type="checkbox"/> What can I do to solve this issue?

After you went through these steps, rate how intense your anxiety is: 1 2 3 4 5

Remember, anxiety is like a stray cat – if you stop feeding it, it'll go away