

# Anxiety Toolbox

Putting it all Together



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# Cross Sectional Formulation

**Situation** *(When? Where? What? With whom? What did you feel anxious about?)*

**Physical** *(When anxious, what physical sensations did you experience? What did you notice in your body?)*

**Emotional** *(What emotions came up for you when you felt anxious?)*

**Cognitive** *(What went through your mind when you felt anxious? What did that say or mean about you or the situation?)*

**Behavioral** *(What was your first instinct and/or automatic response? What did you do and/or avoid doing at the time?)*

## Cross Sectional Formulation (example entry)

**Situation** (*When? Where? What? With whom? What did you feel anxious about?*)

A student invited me to a party in my residence hall, but I didn't know her very well and felt anxious about going.

**Physical** (*When anxious, what physical sensations did you experience? What did you notice in your body?*)

Heart racing, tight chest, shallow breathing, hot

**Emotional** (*What emotions came up for you when you felt anxious?*)

Scared, ashamed, Lonely, agitated, nervous

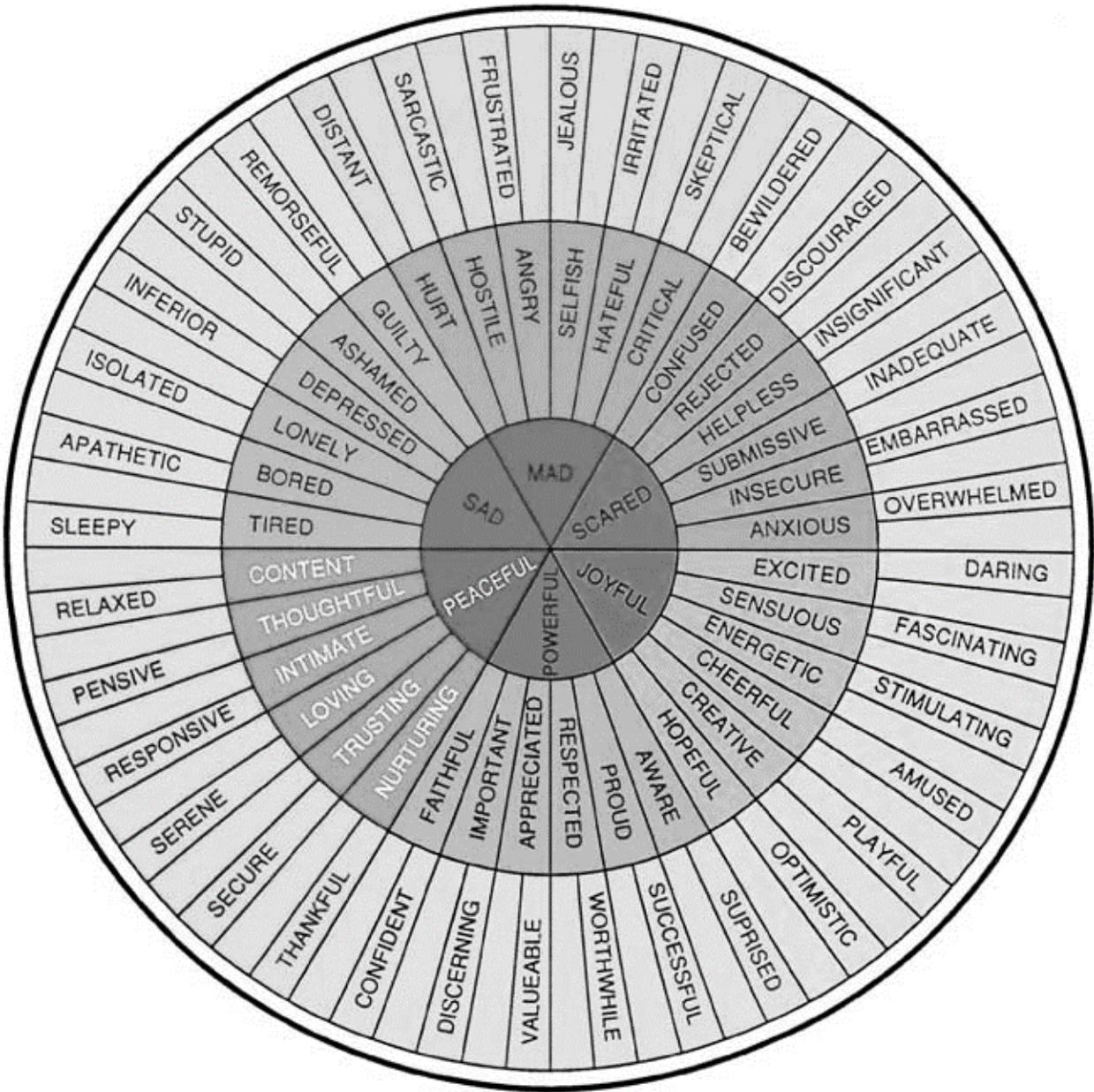
**Cognitive** (*What went through your mind when you felt anxious? What did that say or mean about you or the situation?*)

I won't know anyone at the party and will feel awkward. No one will like me because I'm so socially awkward. I won't have fun. But if I say no, this person won't like me and I wouldn't make friends.

**Behavioral** (*What was your first instinct and/or automatic response? What did you do and/or avoid doing at the time?*)

My first instinct was to say no. I avoided saying no but telling her that I would think about it. I never got back to her. I didn't go to the party.

# Feelings Wheel



## **My Plan for Managing Anxiety**

### **Putting it all Together**

1. My primary anxiety symptoms include:
  - a. Emotional:
  
  - b. Physical:
  
  - c. Cognitive:
  
  - d. Behavioral:
  
2. Some of my unhelpful ways of thinking are: (e.g., all or nothing thinking, catastrophizing, etc.)
  
  
  
  
  
  
  
  
  
  
3. My situational and cognitive triggers are: (e.g., unfamiliar situations, negative thoughts, etc.)
  
  
  
  
  
  
  
  
  
  
4. The most helpful grounding technique(s):
  
  
  
  
  
  
  
  
  
  
5. The most helpful relaxation exercise(s):
  
  
  
  
  
  
  
  
  
  
6. The best time and place to practice relaxation exercises:

7. When I feel overwhelmed, it is helpful for me to:

8. Positive changes I can make to help my sleep include: (e.g., no TV 30 minutes before bed, wake up at the same time daily, turn phone off, etc.)

9. MY GOALS: Name 2 goals you would like to achieve ***over the next few months***, related to anxiety and self-care. Think: **specific, achievable, and measurable**.

a. Name 2 goals you would like to achieve related to ANXIETY (e.g., Thinking about the strategies you find most helpful, what would you like to try, how often, when, etc.?)

i. \_\_\_\_\_

ii. \_\_\_\_\_

b. Name 2 goals you would like to achieve related to SELF-CARE: (What will your self-care look like over the next few months? These could be goals related to nutrition, exercise, sleep, schoolwork, leisure activities, etc.)

i. \_\_\_\_\_

ii. \_\_\_\_\_

**How can I remind myself about my plan and goals?**

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# ADDITIONAL RESOURCES

## Online

Cal Poly SLO Counseling Services - Guided Meditations

[www.youtube.com/playlist?list=PLI44jVzqiSNuYrPNPWHc6BTqrwBXtlhrS](http://www.youtube.com/playlist?list=PLI44jVzqiSNuYrPNPWHc6BTqrwBXtlhrS)

Mayo Clinic Stress Reduction Website

[www.mayoclinic.com/health/mindfulness-exercises/MY02124](http://www.mayoclinic.com/health/mindfulness-exercises/MY02124)

Meditation Oasis

[www.meditationoasis.com](http://www.meditationoasis.com)

Mindful

[www.mindful.org](http://www.mindful.org)

Mindfulness Research Guide

[www.mindfulexperience.org/](http://www.mindfulexperience.org/)

The Mindful Christian

[www.TheMindfulChristian.net](http://www.TheMindfulChristian.net)

UCLA Mindful Awareness Research Center- Guided Meditations

[www.marc.ucla.edu/body.cfm?id=22](http://www.marc.ucla.edu/body.cfm?id=22)

## Apps for your Smartphone, Tablet, or Computer

ACT Coach

Breathe2relax

Breathing techniques by Hemalayaa

CBTi-Coach

Mindfulness Coach

Mindshift

T2 Mood Tracker

Take a break!

## Books

The Anxiety and Phobia Workbook by Bourne (2011)

The Anxiety and Worry Workbook by Clark & Beck (2012)

Get Out of Your Mind and Into Your Life by Hayes & Smith (2005)

Self-Esteem by McKay and Fanning (2005)

The Mindful Way Workbook by Teasdale, Williams, Segal, & Kabat-Zinn (2014)

The Mindfulness Workbook: A Teach Yourself Guide by Langley (2013)

The Relaxation & Stress Reduction Workbook by Davis, Robbins, Eshelman & McKay (2008)