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Publishers

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Worksheet: Write it out!

What are some positive micro-thoughts that work for you? Finish the sentences below. Feel out the wording until you can say them to yourself easily:

I'm figuring out...

.....

.....

.....

I'm learning how to...

.....

.....

.....

I'm getting good at...

.....

.....

.....

Today, I can practice...

.....

.....

.....

Every week, I am learning...

.....

.....

.....

Now, write out the top three that work the best for you! Repeat them as often as you can:

1.....

.....

.....

.....

2.....

.....

.....

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3.....

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.....

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Worksheet: Write it out!

Problem I have been worried about:

.....
.....
.....

Zoom in (thoughts I think when zoomed way in):

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.....
.....

Zoom out (thoughts I think when I start to zoom out):

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.....
.....

Zoom way out (go as far back as possible and get as absurd as possible):

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.....
.....

How do you feel about the problem now?

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.....
.....

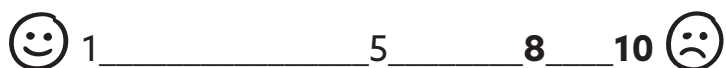
The Stress Ruler Exercise

Write out what each number on The Stress Ruler feels like in a sentence. Focus on what it feels like in your body and mind, and how it changes as you go up the notches on the ruler.

For example, a person's list might be:

1. Mellow, calm, happy...
2. Calm but more energy, but feeling content...
3. Motivated to do things, still calm...feeling more energetic...
4. Feeling very energetic, however, a few random negative thoughts are creeping in...
5. Feeling okay, thoughts are a mix of positive/negative, but able to keep my balance...
6. Starting to feel a buzzing intensity of negative thoughts but still able to concentrate...
7. Now mostly feeling stressed out, negative thoughts outnumber the positive thoughts...
8. **(Red zone)** Complaining a lot, wanting someone to soothe negative thoughts that are now popping up more frequently and getting louder!
9. Stuck in a loop, can't stop anxious thoughts, can't get out of negative thought cycle!
10. Stressed out/freaking out!

If you wanted to simplify this particular list down, you could visualize something like this:



An 8 on someone's list might be completely different on another person's list. In order to figure out what it looks like to you, take a few days to journal what each notch feels like in your body and brain, and what you tend to do or think when you are at each number.

To identify where the red zone is for you, think about how you feel when it becomes very hard to calm down or navigate your worries. The red-zone number is different for different people, depending on what makes them feel more uncomfortable in terms of managing their own anxiety or stress.

Worksheet: Write it out!

Fill in The Stress Ruler from 1-10 and circle your red-zone number. What do each of these numbers look and feel like to you? Start with 1, which is the calmest; 10 is the most stressed out.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

What is your red-zone number?

.....

What can you remind yourself to do to calm down when you get close to the red zone?

.....

.....

.....

Worksheet: Write it out!

Daily Task Extractor: For today, write down the *three bare minimum tasks* you must accomplish in order to get through today. Remember the golden rule: Keep it simple!

1.

.....

.....

.....

2.

.....

.....

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3.

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.....

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Worksheet: Write it out!

Weekly Task Extractor: For the week, write down *the three bare minimum tasks* you must accomplish in order to get through just this week.

1.
.....
.....

2.
.....
.....

3.
.....
.....

Bonus items:

.....
.....

Worksheet: Write it out!

I feel like I need adjustment on:

.....
.....
.....

Too...(fill in loosey-goosey/uptight):

.....
.....
.....

Middle:

.....
.....
.....

Why I think I might be getting stuck here:

.....
.....
.....
.....

I feel like I need adjustment on:

.....
.....
.....

Too...(fill in loosey-goosey/uptight):

.....
.....
.....

Middle:

.....
.....
.....

Why I think I might be getting stuck here:

.....
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.....
.....

Worksheet: Write it out—together!

Ask someone you are in a relationship with to fill out the worksheet with you. Under each of your names, list activities that tend to drain energy quickly and then write down activities that provide energy boosts. Compare your lists and see what new insight you gain about what you have in common and where your lists diverge.

Example:

Person 1	Person 2
Empty: Work meetings Doing chores	Empty: Formal events Talking for over an hour
Recharge: Taking a nap Reading a book	Recharge: Playing video games Reading a book

Name:	Name:
What activities drain your energy?	What activities drain your energy?
What activities recharge you?	What activities recharge you?

Worksheet: Write it out!

Fill out your social battery:

100% charged (social activities that make me feel fully charged):

.....

.....

.....

.....

.....

50% charged (social activities that drain my energy to 50%):

.....

.....

.....

.....

.....

1% energy (social activities that quickly drain my energy to 1%):

.....

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Worksheet: Write it out!

Upcoming trip or event:

.....

List three things you want to accomplish:

1.....

.....

.....

.....

2.....

.....

.....

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3.....

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Bonus items:

.....

.....

Worksheet: Write it out!

Describe a disappointing situation that happened:

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.....

.....

.....

What were my expectations?

.....

.....

.....

.....

What was I craving/needing to get from the situation?

.....

.....

.....

.....

What three positive self-talk phrases could I tell myself to help fill this need?

1.....

.....

.....

.....

2.....

.....

.....

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3.....

.....

.....

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Worksheet: Write it out!

What are some of my anxiety loops?

.....

.....

.....

.....

.....

What are my loop triggers?

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.....

.....

.....

.....

Are there specific times of the day that these loops get triggered?
(For example: Health loop gets triggered at bedtime, etc.):

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Worksheet: Write it out!

Fun distractions	Not-fun distractions
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.....
.....
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Worksheet: Color it out!

Relax your brain a little by coloring the surfboard below. Write a positive micro-thought on the surfboard that will soothe you the next time you have to ride a wave of embarrassment.



Worksheet: Write it out!

Brainstorm a few ideas that might work for you to do next time you need to brain bounce out of an anxiety loop. Then, next time you start to feel a worry loop coming on, read your list and pick one to do!

1.....

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2.....

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3.....

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Worksheet: Write it out!

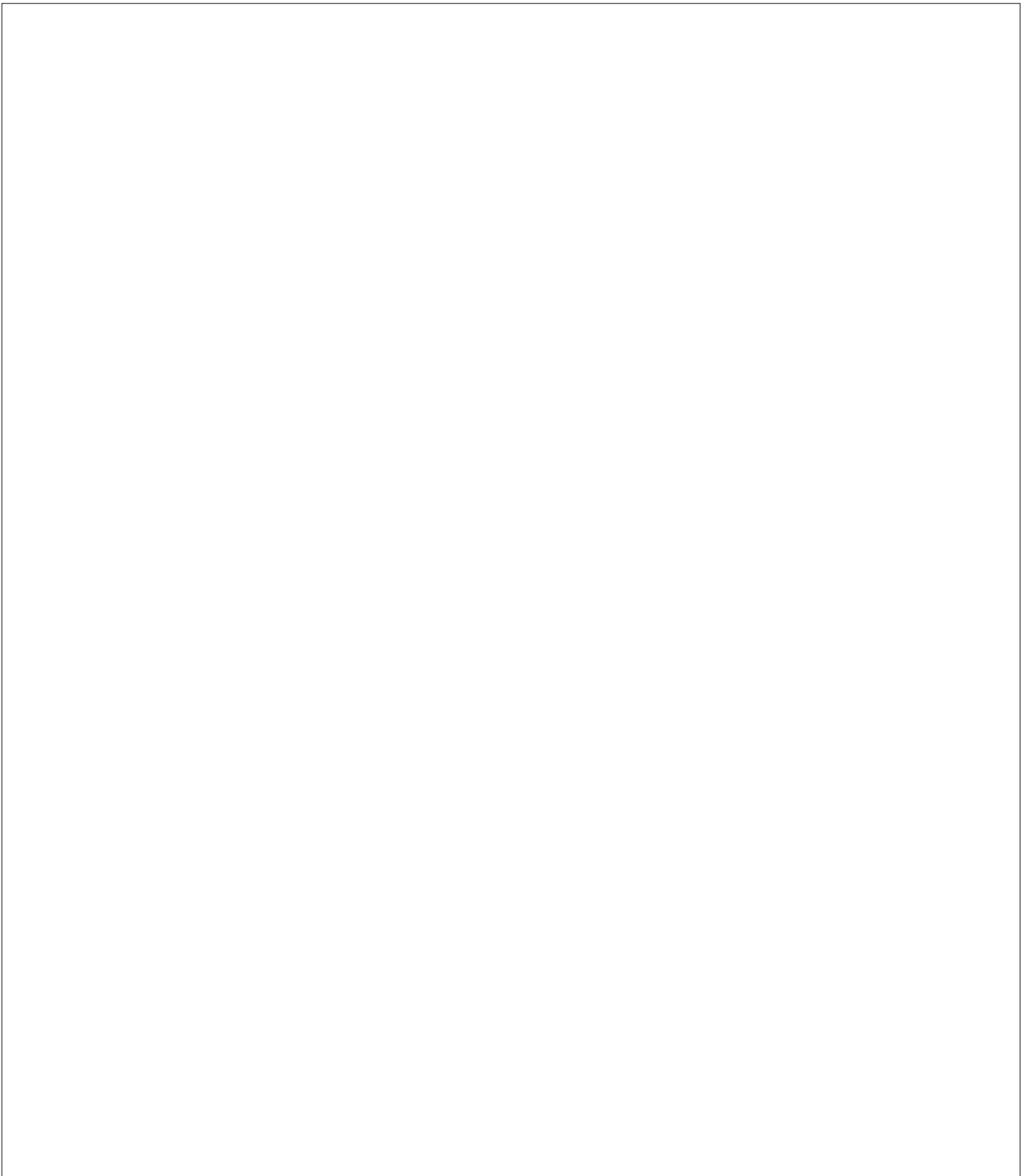
Sift through the social media sites and website you visit frequently and sort out some fun social media distractions!

Fun social media distractions	Not-fun social media distractions
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Worksheet: Draw it out!

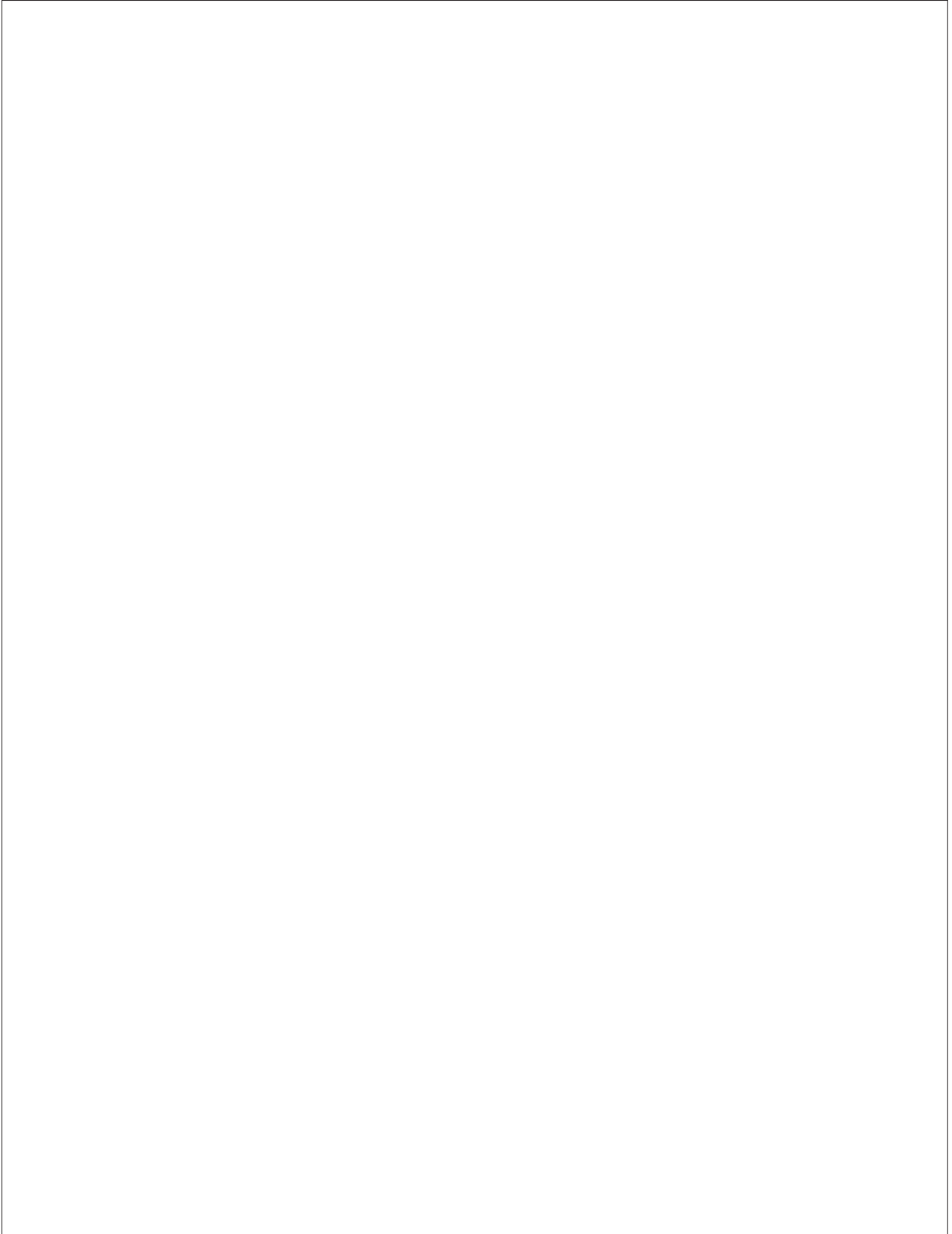
Hello...my name is:

Draw your anxiety cartoon character here with a speech bubble containing a catchphrase. If you feel inspired, you can also draw out a counter-character!



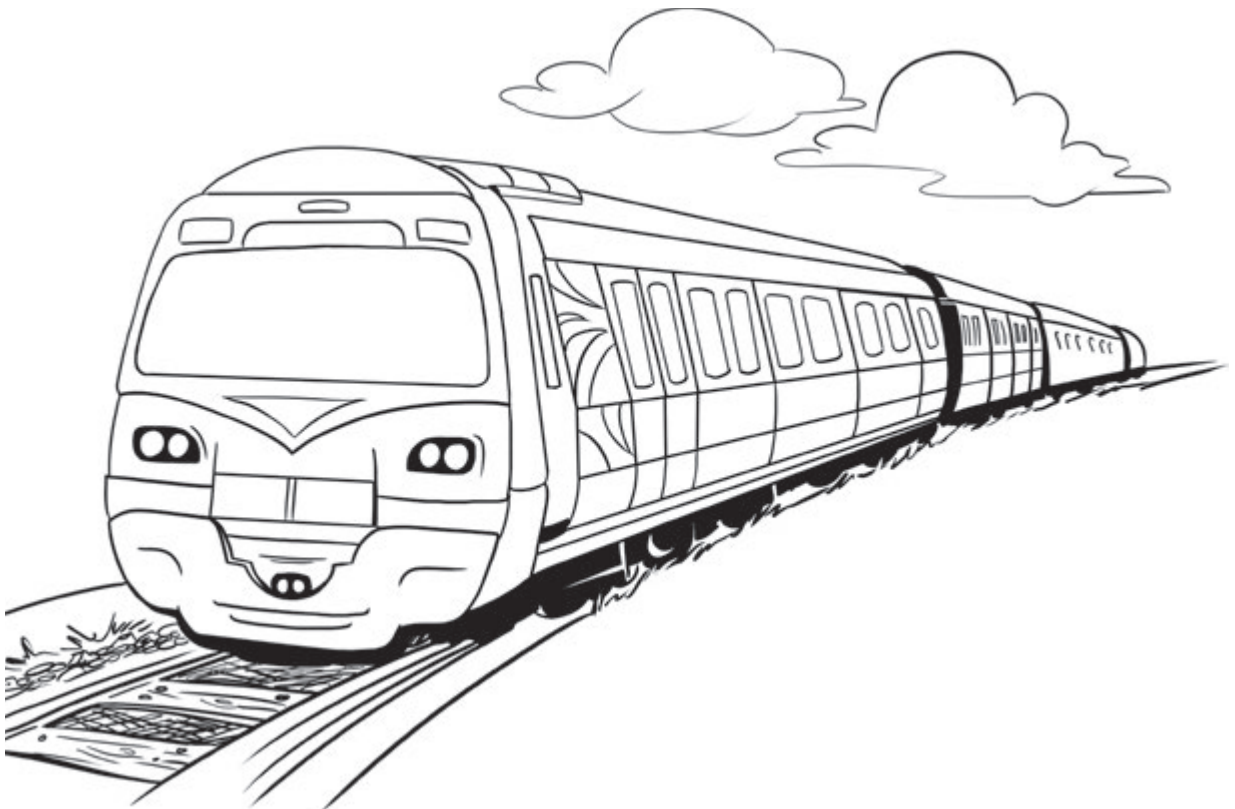
Worksheet: Draw it out!

Draw a picture of your safe haven. Then, add a Shrink Ray to the roof:



Worksheet: Color it out!

Color the approaching positive train of thought—give it a label and draw things that symbolize this feeling inside the train.



Worksheet: Write it out!

Write out a few phrases you can say to yourself to fill up your watering can:

.....

.....

.....

.....

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Now, write a few phrases of love and appreciation you can pour out onto people around you now that your watering can is replenished:

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.....

.....

Worksheet: Write it out!

Write down a list of things you are proud of. You can put *anything* down that makes you feel proud (for example: conquering fears, making a new friend, visiting a new place, practicing self-care, learning a new skill). Try to list five things from the past year!

My victory list:

1.....
.....

2.....
.....

3.....
.....

4.....
.....

5.....
.....

Worksheet: Write it out!

Write out every "small win" you had today. Add up the total points and allow yourself to feel proud of yourself!

Small wins	Points
1)	
2)	
3)	
4)	
5)	
6)	
7)	
8)	
9)	
10)	
	Total points:

Worksheet: Write it out!

Put on the Appreciation Glasses. Write down ten things you appreciate right now as you look around you. Start the list off by writing "I appreciate..." and then fill out your list:

.....

1.....

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2.....

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3.....

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4.....

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5.....
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6.....
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7.....
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8.....
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9.....
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10.....
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Worksheet: Write it out!

Pick a task that you do two to four times a day that feels natural and easy. Then, pre-plan how you want to feel after you do the task.

Mini-self hypnosis thought:

When I finish

.....,

I will feel and

Mini-self hypnosis thought:

When I finish

.....,

I will feel and

Mini-self hypnosis thought:

When I finish

.....,

I will feel and

Now, record the results. Which ones worked for you?

.....
.....
.....

Worksheet: Draw it out!

Write your current worries on the balloon below. Then, close your eyes and imagine it drifting off into the sky, getting smaller and smaller until it's gone.

