

Situation:
where, when, who is
there?

Rate how anxious you
feel about it
0 -10

What can you do to
reduce this?
Coping strategies to try

Rate how anxious you
feel after the event
0 -10

?

0



10

🔧

🔧

🔧

0



10

?

0



10

🔧

🔧

🔧

0



10

?

0



10

🔧

🔧

🔧

0



10

?

0



10

🔧

🔧

🔧

0



10

Situation:
where, when, who is
there?

Rate how anxious you
feel about it
0 -10

What can you do to
reduce this?
Coping strategies to try

Rate how anxious you
feel after the event
0 -10

?

0



10

🔧

🔧

🔧

0



10

?

0



10

🔧

🔧

🔧

0



10

?

0



10

🔧

🔧

🔧

0



10

?

0



10

🔧

🔧

🔧

0



10

Situation:
where, when, who is
there?

Rate how anxious you
feel about it
0 -10

What can you do to
reduce this?
Coping strategies to try

Rate how anxious you
feel after the event
0 -10

?

0



10

🔧

🔧

🔧

0



10

?

0



10

🔧

🔧

🔧

0



10

?

0



10

🔧

🔧

🔧

0



10

?

0



10

🔧

🔧

🔧

0



10

Situation:
where, when, who is
there?

Rate how anxious you
feel about it
0 -10

What can you do to
reduce this?
Coping strategies to try

Rate how anxious you
feel after the event
0 -10

?

0



10

🔧

🔧

🔧

0



10

?

0



10

🔧

🔧

🔧

0



10

?

0



10

🔧

🔧

🔧

0



10

?

0



10

🔧

🔧

🔧

0



10