

ANXIETY TRIGGERS

Rate the following/assign a colour to how you associate the level of triggering feelings:

BIG

MEDIUM

SMALL

- | | |
|---|---|
| <input type="radio"/> Being teased | <input type="radio"/> Being criticized |
| <input type="radio"/> Certain noises | <input type="radio"/> Being hungry |
| <input type="radio"/> Rules | <input type="radio"/> Being ignored |
| <input type="radio"/> Not getting what I want | <input type="radio"/> Being bored |
| <input type="radio"/> Being told to do something I don't want to do | <input type="radio"/> Needing to be perfect |
| <input type="radio"/> Certain school work | <input type="radio"/> Break/lunchtimes at school |
| <input type="radio"/> Certain people | <input type="radio"/> Being interrupted |
| <input type="radio"/> Waiting too long/queuing up | <input type="radio"/> When things don't go as planned |
| <input type="radio"/> Meeting new people | <input type="radio"/> Changes |
| <input type="radio"/> Being away from Mum/Dad | <input type="radio"/> Not understanding what to do |
| <input type="radio"/> Having too much to do | <input type="radio"/> The news |
| <input type="radio"/> Doing new activities | <input type="radio"/> Feeling unsafe |
| <input type="radio"/> Tests | <input type="radio"/> Automatic negative thoughts |
| <input type="radio"/> Family being unwell | <input type="radio"/> _____ |
| <input type="radio"/> Me feeling unwell | <input type="radio"/> _____ |
| <input type="radio"/> Catching a bus | <input type="radio"/> _____ |
| <input type="radio"/> New places/rooms | <input type="radio"/> _____ |
| <input type="radio"/> When someone doesn't agree with me | <input type="radio"/> _____ |
| <input type="radio"/> Being late | <input type="radio"/> _____ |