



# DIY Guide for Kids

## CBT Worksheet for Anxiety



**MindWeal**

# CBT Worksheet:

## Challenging Anxious Thoughts

*Direction: Use this worksheet to identify, challenge, and replace anxious thoughts with positive ones.*

Question	Your Response
<b>Identify Anxious Thought:</b>  What is the anxious thought?  What is the trigger to this thought?	
<b>Challenge Anxious Thought:</b>  Is it really true?  What evidence supports this thought?  What evidence disproves of this thought?	
<b>Replace with Positive Thought</b>  If I look at the situation positively, how is it different?	

# CBT Worksheet:

## Create a Fear Ladder

*Direction: Write down a list of things that make you anxious, from least to most scary.*

*List of enjoyable activities:*

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

# CBT Worksheet:

## Exposure Therapy

*Direction: Use this worksheet to log your experiences and progress during exposure therapy, starting from the least scary fear and moving up.*

Fear Faced	Date Attempted	What did I do?	How did it Go?	Aced it or not?

# CBT Worksheet:

## Problem Solving

*Direction: Use this worksheet to identify a problem, brainstorm solutions, and choose the best one to try.*

<b>What is the problem?</b> <i>Clearly define what's making you anxious</i>	
<b>Brainstorm Solutions</b> <i>Think of different ways to solve the problem</i>	Solution 1:  Solution 2:  Solution 3:  Solution 4:  Solution 5:
<b>Choose a Solution</b> <i>Pick the best solution and try it out.</i>	Chosen Solution: