The anxiety map… use the table to track your situational anxieties

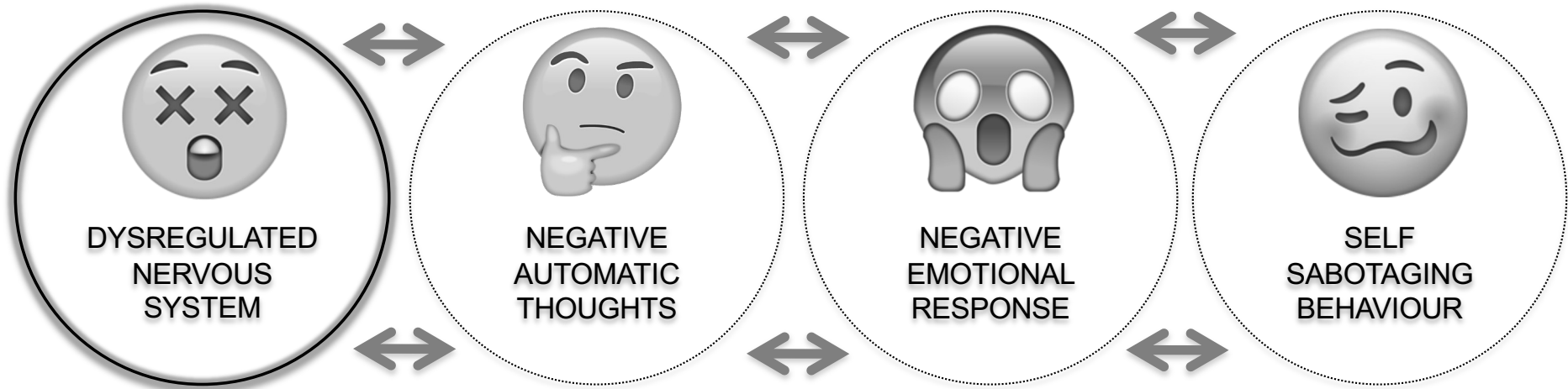## TRIPPY
LOW, MODERATE, OR HIGH?

DYSREGULATED NERVOUS SYSTEM

WHAT AM I THINKING?

NEGATIVE AUTOMATIC THOUGHTS

HOW AM I FEELING?

NEGATIVE EMOTIONAL RESPONSE

WHAT AM I DOING?

SELF SABOTAGING BEHAVIOUR