

## Homework: Identifying Triggers

Pay attention to any triggers for anxiety that you may experience over the next week. Write them down in the following categories. You may have triggers in all of the categories or you may notice triggers in only one or two categories. (Use the “other” category for triggers you feel don’t fit in the options listed.)

### Emotions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Mental Images:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Physical States:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Thoughts:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Presence of Others:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Physical Setting:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Social Pressure:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Activities:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Other:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_