



THE TWP ANXIETY WORKSHEET

Name _____

Date _____

"Freedom and happiness are won by disregarding things that lie beyond our control."

Epictetus

What do I feel anxious about?



Why do I feel anxious about this?



WHAT ACTIONS
DO THE THINGS
OUTSIDE MY
CONTROL INVITE
ME TO DO?



THINGS THAT ARE IN MY CONTROL

THINGS THAT ARE NOT IN MY CONTROL



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*“You have power over your mind, not outside events.
Realize this and you will find strength.” Marcus Aurelius*

Based on the things you can
control create a to-do list.



From the actions evoked by what
you cannot control, write the contrary
actions and perform them.



My mantra:



My affirmation:

I am _____



My distractors:

