

MASTERING ANXIETY

Anxiety is based on our belief of the level of danger in a situation, and our perception of control. When we see there is a high level of danger and a low level of control, our anxiety goes up. If we put this into a formula it would look like this:

$$\text{Anxiety} = \frac{\text{Overestimation of danger}}{\text{Underestimation of control}}$$

If we increase the belief of our control in the situation, we can reduce the anxiety.

Identify the Situation Causing the Anxiety: _____

Rate the Level of Anxiety (0-100%) _____

What danger faces you in this situation? _____

Rate your belief about the perceived danger
(0-100%) _____

What is your belief about the control you have in this situation? _____

Rate your belief about the perceived control
(0-100%) _____

What Control Do You Have in This Situation?

(What tools can you use, who can you ask for support or help, what can you do to prepare?)

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

RE-RATE (0-100%):

Level of Anxiety: _____

Belief about the perceived danger: _____

Belief about the perceived control: _____