FREE CBT 2:

The Cognitve Model for Anxiety



Thoughts

- -Assuming terrible things are going to happen
- -Assuming the worst outcome
- -"What if..."
- -Assuming you can't cope



Physical Sensation

- -Fight, Flight, or Freeze
- -Tight muscles
- -Elevated heart rate and breathing
- -Sweating
- -Adrenaline

Feelings

- -Anxious
- -Scared
- -Nervous
- -Sad



Behaviours

- -Avoiding situations, thoughts, and emotions that cause anxiety
- -Worry





Your Symptom Fingerprint

Use this blank copy of the cognitive model to reflect on how your anxiety "looks." Fill in the different boxes to understand yourself.

