

WHAT HAVE I GIVEN UP FOR ANXIETY THIS WEEK?

Life Enhancement Exercise Record Form

The purpose of completing this exercise and record form is to let you examine on a daily basis how costly managing your anxiety is for you. What are you giving up in order to manage, reduce, and avoid anxiety? What opportunities to do things that you like or that matter to you are you trading in to control and manage anxiety? What are you missing out on?

In the first (left) column, record the situation or event that triggered your anxiety, concerns, or worries. In the second column, write down your anxiety, bodily sensations, thoughts, concerns, or worries. In the third column, record what you actually ended up doing to manage your anxiety. In the fourth column, record what effect your efforts to control or reduce your anxiety had on you. For instance, how did you feel afterward? In the fifth (right) column, write down the consequences and costs associated with your efforts to manage your anxiety. What did you give up or miss out on?

Situation/Event	Anxiety/Concern	Anxiety Control Behavior	Effect on You	Costs
Example: was invited to go out with some friends	Example: was afraid of having a panic attack	Example: stayed at home and watched TV	Example: felt lonely, sad, and angry with myself for being so weak	Example: lost out on a good time with my friends; missed an opportunity to deepen friendships