

Self-Reflection Questions

Below is a list of questions you may ask yourself to help you on your journey to discovering the root of your anxiety. We encourage you to print this document, or write these questions down in your journal. Work through these questions slowly, taking breaks often to pause and really self-reflect.

IDENTIFYING A TIMELINE:

1. How long has it been since I felt differently than I do now?

2. What has changed in my life since then?

3. Are there other times in my life where I felt similar to how I do now?

4. If so, were there any parts of my life at that time that were different to how it is now? If so, what things? Were these parts more positive or negative?

IDENTIFYING ANXIETY SYMPTOMS:

1. When I feel anxious, my natural reaction is to do what?

2. Do I have coping strategies for when I'm anxious? If so, what are they?

3. Are my anxiety symptoms always the same? Do they come all at once, or progressively build up?

4. If they are different, are there certain symptoms that always present together?

IDENTIFYING ANXIETY TRIGGERS:

1. What situations in the past week have made me feel anxious? How about the past month?

2. Looking at this list, can I see any commonalities? ie. any common situations that trigger your anxiety, such as social interactions, public spaces, school, spending time with friends, etc.

- 3. In these same situations, can I remember what time I felt my anxiety come on? ie. morning, after eating, afternoon, dinner time, bedtime, etc.**

QUESTIONS TO ASK MYSELF WHEN IM ANXIOUS:

- 1. What is really going on right now? What do I think my anxiety is trying to tell me?**

- 2. What evidence do I have to support my negative thoughts? Are my feelings based on facts or feelings? What facts do I have?**

- 3. Am I scared of something or someone? If so, why am I scared?**

- 4. What about this moment/this day/this week is different than before?**
