My Anxiety Plan
FOR EDUCATORS

Balanced Thinking

Date	Situation **What's going on?** (who, what, where, when)	Catch Anxious Thoughts/Worries What are you afraid is going to happen?	Evaluate Anxious Thoughts/Worries Am I falling into any "Thinking Traps"? What is the evidence for or against my thoughts?	Identify More Balanced Thoughts What's a more truthful and helpful way to think about this?