

EXERCISE: WHAT HAVE I GIVEN UP FOR ANXIETY IN THE LAST MONTH?

The purpose of completing this anxiety management exercise is to let you examine how costly managing your anxiety is for you. Think about your life—all the things (big and small) you care about and want to do.

As you go through this exercise, ask yourself what you have given up in order to manage, reduce, and avoid your WAFs in the past month. What opportunities to do things that you like or that matter to you have you traded in to control and manage anxiety? Over the past month, what have you missed out on in the service of WAF management and control?

In the first column, record each situation or event that triggered your anxiety, panic, concerns, or worries. In the second column, write down your anxiety, bodily sensations, thoughts, concerns, or worries. In the third, record what you did to manage your anxiety—your coping or management strategy. 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 and final 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 Coping Behavior	Effect on You	Costs
Example: <i>was invited to go out with some friends</i>	Example: <i>was afraid of having a panic attack</i>	Example: <i>stayed at home and watched TV</i>	Example: <i>felt safer for a bit, but then lonely, sad, and angry with myself for being so weak</i>	Example: <i>lost out on good time with my friends; missed an opportunity to deepen friendships</i>