

The Anxiety Solution

Handout 2.5: Analyzing Anxiety: Daily Log Completed

Anxiety-Triggering Event	
Fear of rejection in anticipation of going to a singles mixer	
Negative Emotions	Positive Emotions
Anxiety	Excitement over possibly meeting someone
Strength of Negative Emotions	Strength of Positive Emotions
<p style="text-align: center;">_____X_____</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>Low High</p>	<p style="text-align: center;">_____X_____</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>Low High</p>
Identify Negative Anxious Beliefs	Challenge With Positive Beliefs
Women don't notice me. There will be much better people than me there. What if no one bothers with me?	Even if I am ignored, that doesn't take away my self-worth. I am proud of myself for trying to meet someone.
Type of Cognitive Distortion	Response to Cognitive Distortion
Comparison game, all or nothing things.	I will not compare myself with others or exaggerate.
Certainty of Your Beliefs	Certainty of Your Beliefs
<p style="text-align: center;">_____X_____</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>Low High</p>	<p style="text-align: center;">_____X_____</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>Low High</p>
Unhealthy Reactions	Healthy Reactions
Going to the singles mixer and leaving right away Staying to myself, not initiating talking	Initiating conversation Trying to practice assertive skills I learned
Cost/Benefit Analysis: Unhealthy Coping	Cost/Benefit Analysis: Healthy Coping
Costs: I will be alone and lonely and not give myself a chance to meet someone	Benefits: I will be safe and protect myself from humiliation and rejection.
My Conclusions and Goals	
I am committed to continuing to try and practice, and I will make a realistic goal for this year to improve my assertiveness.	