

Joy's Experience/Expression of anxiety

let's *THERAPIZE* that shit !!!

thoughts

emotions

body
sensations

urges/
behavior

helpful skills

Maximum

"there's no
hope/help
coming"

overwhelm

panic attack
hyperventilate

self-harm,
withdraw

intense
exercise

High

hopeless,
unable to see
way out

nervous

buzzy, shaky

pacing,
can't sit still,
hands tremor

box breathing,
intense
exercise, drive
fast on
freeway

Rising

ruminating,
hopeless

edgy

nervous energy

short, brusque,
terse
communication

exercise,
talk to
friends,
distract,
self-soothe