



DAVOS

Psychotherapeutische Praxis Dr. Wilkening

KOGNITIVE VERHALTENSTHERAPIE

Physical sensations of anxiety

Name: _____

Date: _____

Anxiety constricts and makes unfree. Anxiety affects important life decisions and it can lead to chronic physical complaints.

Anxiety is created by our thoughts and not by events in the environment. We make anxious thoughts and our body reacts as if we experience a real disaster. Our body can not differentiate whether we imagine the disaster or whether it actually happened.

Rate the strength of each sensation during an anxiety attack!

0 = does not exist 1 = slightly present 2 = strongly present 3 = very strongly present

