



Finding Freedom: *Your Guide to Overcoming Stress & Anxiety*

WORKBOOK

Welcome to your online course workbook!
Please ensure you complete each exercise
in here as we go through the course
together so you can track your progress
and apply the tools you will be learning
with me.

Let's get started!



Chapter 1:

Assessing Your Current Anxiety Levels

The following quiz will help you understand at what level your anxiety and stress are currently operating from. Once you complete the quiz and have a score of your current anxiety level, you are ready to move on to Chapter 2.

1. I feel tense or 'wound up'

Most of the time	3
A lot of the time	2
From time to time	1
Not at all	0

2. I get a sort of frightened feeling as if something awful is about to happen?

Very definitely and quite badly	3
Yes, but not too badly	2
A little, but it doesn't worry me	1
Not at all	0

3. Worrying thoughts go through my mind?

A great deal of the time	3
A lot of the time	2
Not too often	1
Very little	0

4. I can sit at ease and feel relaxed?

Definitely	0
Usually	1
Not often	2
Not at all	3

5. I get a sort of frightened feeling like 'butterflies' in the stomach?

Not at all	0
Occasionally	1
Quite often	2
Very often	3

6. I feel restless as if I have to be on the move?

Very much indeed	3
Quite a lot	2
Not very much	1
Not at all	0

7. I get sudden feelings of panic?

Very often indeed	3
Quite often	2
Not very often	1
Not at all	0

Scoring:

0-7 Normal

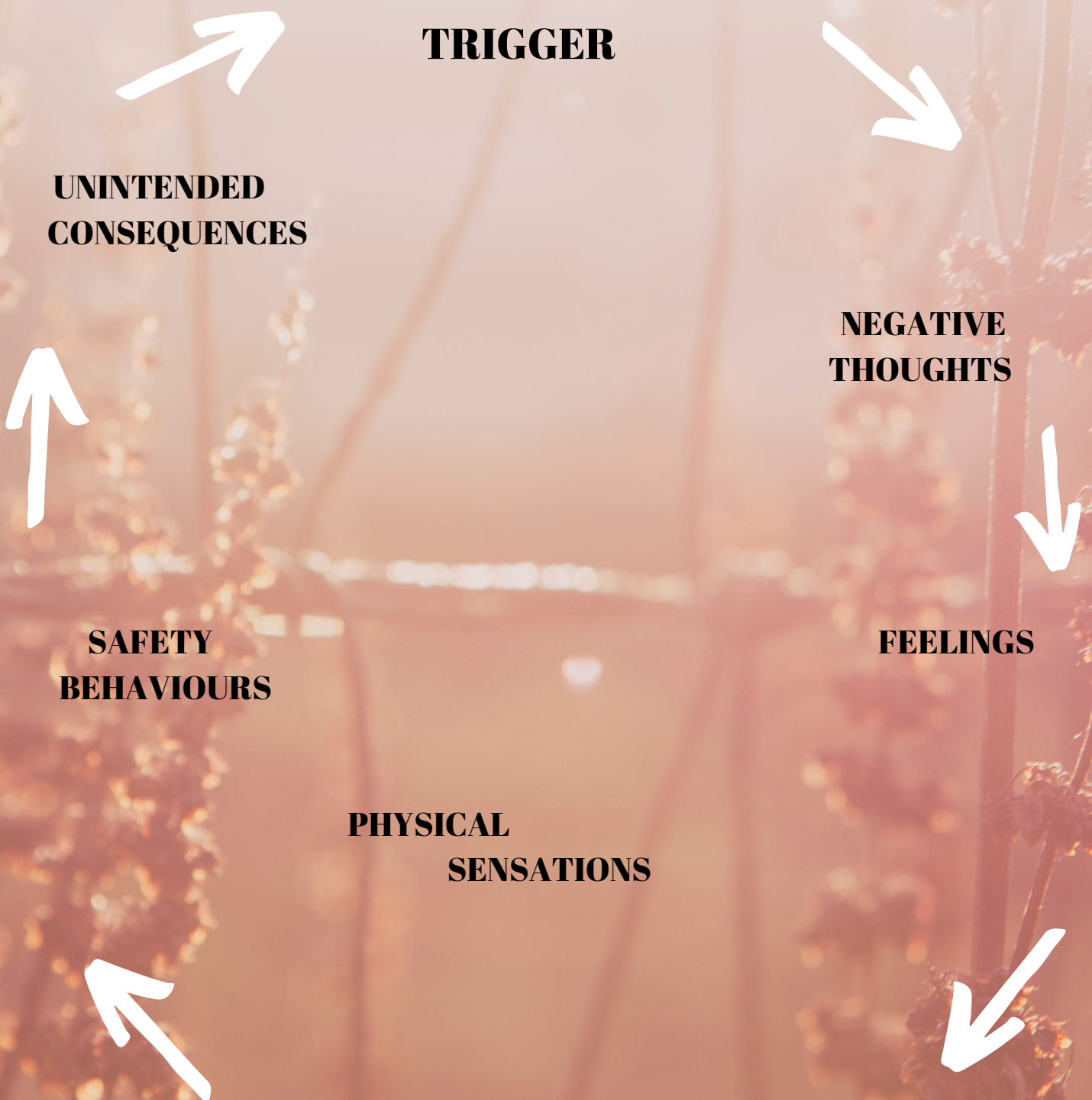
8-10 Mild Anxiety

11-14 Moderate Anxiety

15-21 Severe Anxiety

Chapter 2: *Understanding and Mapping Your Personal Anxiety and Stress Response*

The following map (based on Cognitive Behavioural Therapy) will help you to understand your personal anxiety response and how you normally cope. With this understanding you will begin to be able to step outside of this vicious cycle.



Chapter 2: Mapping Your Personal Anxiety and Stress Response

HOMework

Continue to track your anxiety triggers and responses using the template below which tracks your anxiety map. Notice what you discover about your patterns and re-occurring themes.

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