SELF-MANAGEMENT PLAN
ANXIETY REDUCTION

Triggers

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Automatic Thoughts

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Automatic Behaviours

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Intentional Thoughts

1. _____
2. _____
3. _____
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6. _____
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8. _____
9. _____
10. _____

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Intentional Behaviours

1. _____
2. _____
3. _____
4. _____
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6. _____
7. _____
8. _____
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10. _____

Other Self-Management Strategies

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