

# Anxiety Analyzer

Use the structure below to identify what you're feeling, see if you can name it as a fear or an anxiety, and take steps to help anchor yourself in what you're feeling.

What am I worried about? What feelings am I experiencing right now?

## Step 1

Is this threat present and identifiable?  
How so?

## Step 2

Is this fear rational and reasonable?

Is this an anxiety or a fear?

## Step 3

Are there steps I can take towards eliminating my fear or anxiety?

What are some ways to ground myself and relax?

**Look up these verses:**

Psalms 94:19  
Romans 8:38-39

Matthew 6:34  
Proverbs 12:25

Isaiah 35:4  
1 Peter 5:7