

# Fear of Recurrence Worksheet

Top triggers for my anxiety:

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Ways my anxiety presents itself:

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## Cognitive Behavioral Plan

1. Negative Behavior/Physical Sensation:

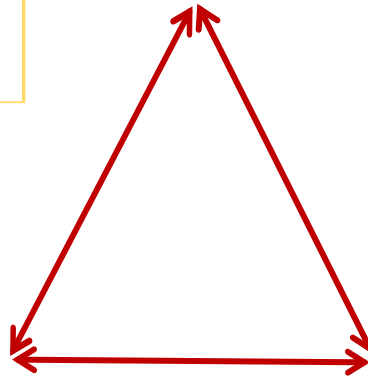
2. Positive Thought Intervention:

4a. Potential Positive Behavior/Physical Sensation:

4b. Actual Behavior/Physical Sensation:

3a. Potential Positive Emotions:

3b. Actual Emotions:



**Strategies for managing my anxiety:**

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**People on my support team:**

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**Ways I will ask for support:**

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