

Breaking My Anxiety Cycle

Here is a copy of the “Breaking My Anxiety Cycle” that you can print out and use on a daily or weekly basis.

Breaking My Anxiety Cycle

1. _____

2. _____

3. _____

4. _____

5. _____

You are welcome to use any of the suggested ideas from the chapter. Even better, create items of your own that you realize will help, as you get “the feel” of what techniques seem to work specifically for you as you practice over time. Remember, it is critical to write down and practice these on a daily basis as your anxiety episodes can be very real triggers for cravings and result in a lapse or slip. You may find over time that you find better (or more effective) techniques to break your anxiety cycles as you stay sober longer. Therefore I recommend that you fill out this form once a month to see if your coping strategies to fight anxiety are changing with the rest of you.