



Identify your triggers

# Test Anxiety Worksheet

**Trigger**

**What does it make you do?**

**How do you feel the fear?**

What specifically are you stressing about?

Which behavior does this cause in you?

What sensations are in your body?

Blank space for writing answers to the first question.

Blank space for writing answers to the second question.

Blank space for writing answers to the third question.

Blank space for writing answers to the first question.

Blank space for writing answers to the second question.

Blank space for writing answers to the third question.

Blank space for writing answers to the first question.

Blank space for writing answers to the second question.

Blank space for writing answers to the third question.