

My Anxiety Triggers



Nobody is highly anxious all the time. There are usually certain situations, events or people that make us more anxious. Everyone is different in what bothers them. When there is something that always make us anxious, we call this an 'anxiety trigger'.

When you know what your anxiety triggers are, you can learn strategies to cope with them better. We can also work together to make changes to your environment and other people can make changes to how they communicate with you. Tick what triggers anxiety in you.

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| <input type="checkbox"/> Being teased | <input type="checkbox"/> When someone doesn't agree with me |
| <input type="checkbox"/> Certain noises | <input type="checkbox"/> Being late |
| <input type="checkbox"/> Not getting what I want | <input type="checkbox"/> Being criticised |
| <input type="checkbox"/> Rules / fairness / justice | <input type="checkbox"/> Being tired |
| <input type="checkbox"/> Being told to do something I don't want to do | <input type="checkbox"/> Being hungry |
| <input type="checkbox"/> Certain schoolwork | <input type="checkbox"/> Being ignored / left out |
| <input type="checkbox"/> Certain jobs | <input type="checkbox"/> Needing to be perfect |
| <input type="checkbox"/> Certain people | <input type="checkbox"/> Break/lunch times in school |
| <input type="checkbox"/> Waiting too long/queuing up | <input type="checkbox"/> Sensory triggers |
| <input type="checkbox"/> Meeting new people | <input type="checkbox"/> Being interrupted |
| <input type="checkbox"/> Being away from my mum/dad | <input type="checkbox"/> When things don't go as planned |
| <input type="checkbox"/> Having too much to do | <input type="checkbox"/> Changes |
| <input type="checkbox"/> Doing new activities | <input type="checkbox"/> Not understanding what to do |
| <input type="checkbox"/> Tests | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Family being sick | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Me being sick | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Catching a bus | <input type="checkbox"/> _____ |
| <input type="checkbox"/> New places/rooms | <input type="checkbox"/> _____ |