

Exercise 2: Anxiety Audit

This *three-part* activity will help you understand your own system of anxiety triggers when faced with the prospect of exams.

PART 1: THOUGHTS that influence me

In each of the text boxes below, record your thoughts about yourself.

My thinking ...

about myself and exams

e.g. I won't know enough to pass.

about what others will think

e.g. My mother will be angry if I fail.

about exams

e.g. Exams can't measure how much you really know.

about negative memories of exams

e.g. I failed my English exam at school even though I worked hard.

about how I will perform in exams

e.g. I will forget everything I have learned.

NOW, COMPLETE PART 2:

PART 2: BEHAVIOURS that influence me

In each of the text boxes below, record how you usually perform.

My behaviour ...

Revision planning

Time management

How do I reward myself?

Exercise patterns

Diet

Sleeping patterns

My leisure and pleasure patterns

How much do I laugh?

Asking for academic help

Asking for support

FINALLY, COMPLETE PART 3:

PART 3: My PHYSICAL REACTIONS

In each of the text boxes below, record how you usually perform.

Physical reactions ...

Which of these apply to you when you are anxious?

When I get anxious I have noticed that I have:

- shallow breath
- quickened breath
- clammy hands
- tight muscles
- pursed lips
- flushing
- furrowed brow
- dry mouth
- acne
- sleeplessness
- trembling
- pallor
- other (specify):

Psychosomatic reactions ...

Which of these do you suffer from?

I notice that I have:

- butterflies
- palpitations
- wind
- headache
- high blood pressure
- asthma
- peptic ulcers
- menstrual problems
- nausea
- other (specify):

Now that you have completed the anxiety audit, read over what you have written. What have you learned about your personal anxiety system? Do you have the profile of an anxious person? Are you more aware of techniques to help keep your anxiety at healthy levels?