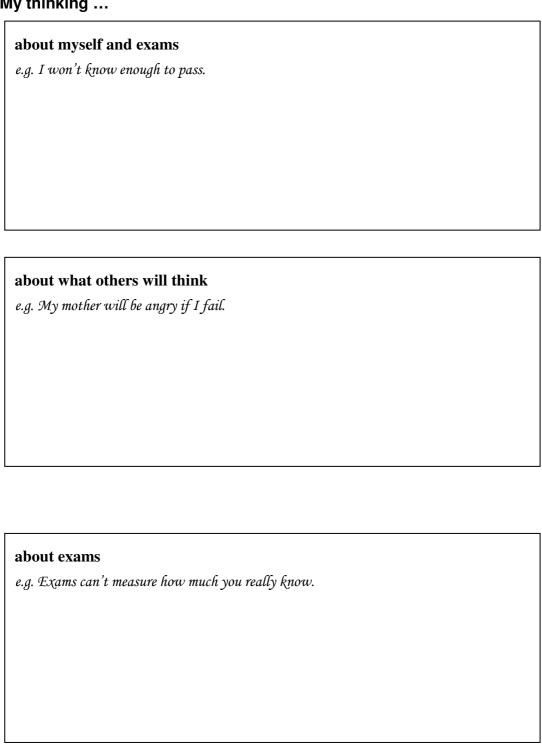
Exercise 2: Anxiety Audit

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	thin	king	
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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 behavio	our		
Revision p	olanning		
Time man	nagement		
How do I r	eward myself?		
Exercise p	oatterns		
Diet			
1			

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?

Wh	
	en 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):
	chosomatic reactions ch of these do you suffer from?
Whic	
Whic	ch of these do you suffer from?
Whic	th of these do you suffer from? otice that I have:
Whic	ch of these do you suffer from? otice that I have: butterflies
I no	ch of these do you suffer from? otice that I have: butterflies palpitations
I no	ch of these do you suffer from? Dice that I have: butterflies palpitations wind
I no	ch of these do you suffer from? Otice that I have: butterflies palpitations wind headache
I no	ch of these do you suffer from? Dice that I have: butterflies palpitations wind headache high blood pressure
I no	ch of these do you suffer from? Dice that I have: butterflies palpitations wind headache high blood pressure asthma
I no	ch of these do you suffer from? Dice that I have: butterflies palpitations wind headache high blood pressure asthma peptic ulcers
I no	ch of these do you suffer from? Dice that I have: butterflies palpitations wind headache high blood pressure asthma peptic ulcers menstrual problems

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?