Anxiety And Spiral Thought Action Plan

A practical reflection worksheet for grounding, slowing thoughts, and choosing one doable next step.

Use this at your own pace. Skip, adapt, pause, or stop. You are allowed to choose what fits your body, culture, privacy, energy, safety, access needs, and real-life limits today.

This is a reflection tool, not a test. One honest sentence, one checked box, or one small next step can be enough.

A printable reflection and practice resource Created by Michelle D. Elder, MSW, LMHC. This worksheet is a free educational wellness resource from My Reflective Collective.

- Use what supports you. Skip, pause, adapt, or connect with a licensed therapist, healthcare provider, advocate, or trusted support if reflection brings something up.

Please read before using this resource

Anxiety & Spiral Thought Action Plan

Grounding, Anxiety & Present-Moment Skills

This does not replace therapy This worksheet is a general educational and self-reflection resource. It is not individual therapy, group therapy, counseling, medical or psychiatric care, diagnosis, treatment, legal advice, or crisis intervention. It may be used alongside therapy or other qualified professional support when that is appropriate for you, but it does not replace those services.

- Use choice and care You may skip a question, adapt an activity, pause, or stop. Some topics or exercises may bring up discomfort, strong emotions, memories, dizziness, or physical sensations. Clinical or wellness terms are used only for general education and are not a personalized assessment or recommendation.

Seek appropriate support Consult an appropriately qualified professional about your individual mental health, physical health, medications, safety, legal matter, or treatment decisions. No outcome is promised, and information or external links may change.

Emergency and crisis needs text 988 for suicide or crisis support. Call 911 for an immediate emergency when that is safe and appropriate. Outside the United States, use local emergency or crisis resources.

Created by Michelle D. Elder with AI used as a collaborative drafting and organizing tool to support self-growth and reflection. AI-assisted material can contain errors or oversimplifications. This resource has educational intent and should not be treated as personalized professional judgment. reviewed for web immediate danger or medical emergency. Call or text 988 in the U.S. or Canada for suicide or mental health crisis support. Copyright Michelle publication: June 27, 2026.

Anxiety & Spiral Thought Action Plan

1. Recognize What'S Happening

Signs: racing thoughts, chest tightness, panic, overthinking, dread, feeling out of control.

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Say:

"This is anxiety.

It

will pass."

2. RESET YOUR BREATH (1 minute)

4-6 Breathing:

Inhale

4 sec fi

Exhale

6 sec (5-10 cycles).

Long

exhales calm your nervous system.

3. Ground Your Body

Choose one:

l 5-4-3-2-1 grounding l Cold water/ice on wrists l Feet on the floor , relax shoulders l Slow stretch (neck, shoulders)

4. Stop The Thought Spiral

Ask yourself:

l Is this a fact or a fear?

_____
_____ l What's the evidence? _____
_____ l What's the most realistic outcome? _____
_____ l What would I tell a friend? _____
_____ Æ Phrase: "This is a thought, not a threat."

5. Release The Anxiety

Body options: shake out arms/legs, walk, stretch, self-hug.

Mind

options:

write 3 lines (fear fi worst case fi realistic case), label the distortion, use

mantra:

"I can handle this."

Sensory

options:

grounding scent, textured object, calming music.

6. TAKE ONE SMALL ACTION (5 minutes)

Pick ONE:

l Drink water l Step outside l Clean a tiny area l Journal briefly l Text someone supportive l Do one manageable task Small action = interrupted spiral.

7. End With Self-Compassion

Say:

l "I handled this moment." l "I'm safe right now." l "I can slow down." danger or medical emergency. Call or text 988 in the U.S. or Canada for suicide or mental health crisis support. Copyright Michelle D. Elder, MSW, LMHC. My Reflective Collective.

More free My Reflective Collective tools Printable links below. The worksheet wording itself is unchanged.

Scan the QR code or use the first link to open this worksheet online.

The online reader can support read-aloud tools and browser translation.

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Educational wellness notice This worksheet and website offer educational wellness and self-reflection tools only.

They are not therapy, diagnosis, medical care, legal advice, crisis care, or individualized safety planning.

Pause or stop any activity that feels wrong, unsafe, inaccessible, or too much.

For immediate danger or a medical emergency, call 911. In the U.S., call or text 988 for crisis support.

Michelle D. Elder, MSW, LMHC | My Reflective Collective

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If there is immediate danger or a medical emergency: Call 911 in the United States or use your local emergency number. For U.S. suicide or mental-health crisis support, call or text 988. For relationship-safety support, contact the National Domestic Violence Hotline at 800-799-7233, text START to 88788, or visit TheHotline.org from a safer device when possible.

_____
_____ Privacy and safer searching If someone may monitor your device, accounts, internet connection, location, downloads, or browser activity, consider using a safer device and a trusted network. Private browsing may reduce locally saved history but does not make activity invisible. Clearing history can also be noticed. A website Quick Exit button changes the page; it cannot erase browser, download, router, account, employer, school, carrier, or device records. Choose only steps that feel safer in your situation.

Do not store identifying or safety-sensitive answers where another person may find them.

Educational scope and professional limits This resource provides general psychoeducation, reflection, and wellness support. It is not therapy, counseling, diagnosis, assessment, treatment, medical advice, legal advice, crisis response, forensic evaluation, or an individualized safety plan.

It does not replace care from a licensed clinician, healthcare professional, attorney, trained advocate, emergency service, or other qualified professional. Laws, court procedures, services, and risks vary by location and circumstance.

Choice, pacing, and inclusion You may skip, change, discuss, dictate, draw, pause, or stop any activity. No exercise can determine what you experienced, diagnose a condition, prove a legal claim, guarantee safety, or tell you whether to stay, leave, report, reconcile, forgive, or pursue court action. Adapt language and activities for culture, identity, disability, neurotype, age, literacy, sensory needs, and personal preference. Automatic translation can make mistakes; confirm legal, medical, emergency, and safety-critical wording with a qualified person.

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