

Relationship Anxiety

Understand your triggers and build more security in connection.

Relationship anxiety can show up as overthinking, reassurance-seeking, fear of abandonment, or constantly scanning for signs that something is wrong. This worksheet can help you slow down and respond more intentionally.

What gets triggered?

What situation or behavior tends to trigger my anxiety?

What story do I tell myself in those moments?

Pause before reacting

- Take a breath before texting, calling, or checking for reassurance.
- Name whether the feeling is fear, hurt, insecurity, or loneliness.
- Ask yourself whether you have facts or assumptions.
- Do one grounding activity before deciding what to do next.

What do I need?

What am I actually needing in this moment?

What is a healthy way to communicate that need?

Secure thinking

A more balanced perspective I want to practice is:

Next step

One secure action I can take today is:

This worksheet is for educational and supportive purposes and is not a substitute for emergency or crisis care.