

# Anxiety: Notice - Cope - Approach - Learn

Use this page for one anxiety episode or planned practice. Choose safety and appropriate support when danger or urgent medical concern is present.

**NOTICE** - What triggered anxiety, and what outcome did I predict?

**MAP** - What did I feel in my body, what urge appeared, and what did I do next?

**CHECK** - Is this realistic danger, a solvable problem, or uncertainty to practice carrying?

**COPE** - What response will help me function without strengthening avoidance?

**APPROACH** - What sufficiently safe, manageable action matters now?

**LEARN** - What happened, what did I handle, and what is the next step?

Use this page as a conversation and reflection aid. It is not a diagnosis, assessment, safety plan, or substitute for individualized professional care.