

CBT Skills for Anxiety - Progress Checklist

Use this checklist to track your progress. Check off each activity as you complete it.

38 activities across 11 steps

Step 1: Understanding Anxiety

Days 1-5

- ☐ Anxiety Education (Video)
- ☐ Anxiety Treatment (Video)
- ☐ Track Your Mood (Reminder)

Step 2: Anxiety and Your Brain

Days 5-10

- ☐ What is CBT? (Video)
- ☐ My Experience (Reflection Journal)
- ☐ Small Changes, Big Impact (Video)
- ☐ One Small Step (Reflection Journal)

Step 3: Your Body and Anxiety

Days 10-15

- ☐ Fight or Flight (Video)
- ☐ Breathing Exercise (Breathing Exercise)
- ☐ Body Check-In (Reflection Journal)

Step 4: Avoidance

Days 15-20

- ☐ Avoidance (Video)
- ☐ SMART Goals (Video)
- ☐ My SMART Goal (Reflection Journal)

Step 5: Facing Your Fears

Days 20-23

- ☐ Graduated Exposure (Video)
- ☐ My Fear Ladder (Reflection Journal)
- ☐ How Is It Going? (Reflection Journal)

Step 6: How You Talk to Yourself

Days 23-26

- ☐ Self-Compassion (Video)
- ☐ Talking to Yourself (Reflection Journal)

CBT Skills for Anxiety - Progress Checklist (continued)

Step 7: Worry and Your Mind

Days 26-31

- ☐ Uncertainty ([Video](#))
- ☐ Automatic Thoughts ([Video](#))
- ☐ Unproductive Worry ([Video](#))
- ☐ Anxiety Thought Traps ([Reading](#))
- ☐ My Automatic Thoughts ([Reflection Journal](#))

Step 8: Thoughts and Feelings

Days 31-34

- ☐ The ABC Model ([Video](#))
- ☐ ABC Worksheet ([Practice Worksheet](#))
- ☐ ABC Check-In ([Reflection Journal](#))

Step 9: Practicing the ABC Model

Days 34-37

- ☐ Examples of the ABC Worksheet ([Video](#))
- ☐ ABC Worksheet ([Practice Worksheet](#))
- ☐ ABC Reflection ([Reflection Journal](#))

Step 10: Expanding the Model

Days 37-40

- ☐ Adding D and E ([Video](#))
- ☐ ABC Worksheet ([Practice Worksheet](#))
- ☐ ABCDE Reflection ([Reflection Journal](#))

Step 11: Challenging Your Thoughts

Days 40-50

- ☐ Checking In on Avoidance ([Reminder](#))
- ☐ Challenging Beliefs ([Video](#))
- ☐ Challenge a Belief ([Practice Worksheet](#))
- ☐ Belief Challenge Reflection ([Reflection Journal](#))
- ☐ Your CBT Toolkit ([Video](#))
- ☐ Looking Back, Moving Forward ([Reflection Journal](#))