

Separation Anxiety Worksheet

1. Think about the situations or people that trigger your separation anxiety. Describe them in detail.

Example: "I feel anxious when my partner goes on business trips and I am left alone at home."

2. List the specific emotions you experience when facing separation. Reflect on why you feel this way.

3. Identify the physical symptoms you experience when dealing with separation anxiety.

4. Identify any irrational or exaggerated thoughts related to your separation anxiety. Challenge these thoughts with more balanced and realistic perspectives.

Example:

- *Irrational Thought: "My partner will forget about me when they are away."*

- *Realistic Thought: "My partner cares about me and will miss me too."*

5. Create a list of coping strategies to help you manage your separation anxiety. These can include relaxation techniques, activities to distract yourself, and seeking support.

6. Write a compassionate message to yourself acknowledging that it's okay to feel anxious about separation but also to forgive yourself and focus on positive coping strategies.

Example: "It's okay to feel anxious when my partner is away. It's a normal response to separation. I am doing my best to manage these feelings, and I deserve to be kind to myself."
