

# Overcoming Anxiety: A Biblical Counseling Worksheet

This worksheet is designed to help you identify, understand, and overcome patterns of fear and anxiety through God's Word.

Not every point or verse will apply directly to your situation, but take time to look up each Scripture and reflect on its truth.

The more deeply rooted the struggle, the more effort you will need to apply—but through your salvation in Christ and the power of His Word, **victory is possible** (2 Peter 1:3; 2 Timothy 3:16–17).

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## Renewing Your Mind and Language

The words we use shape how we think and respond.

If you often speak of a “*panic attack*,” try saying “*fear experience*.” Words like “*panic*” and “*attack*” imply helplessness, while “*fear experience*” reminds you that God provides strength and hope.

**1 Corinthians 10:13; Romans 8:37; Philippians 4:13**

*Write a short prayer asking God to help you change the way you talk about your fears:*

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## 1. Identify the Trigger

What set off this fear experience? Check all that apply and describe briefly.

- ☐ False beliefs (e.g., “God has abandoned me”)
- ☐ A painful event (death, loss, disappointment, unfulfilled expectations)
- ☐ Guilt or unconfessed sin (Proverbs 28:1; Psalm 51)
- ☐ Hurtful words or rejection
- ☐ Health changes or fear of illness
- ☐ Relationship problems (Philippians 4:1–4)
- ☐ Feeling out of control (Psalm 55:22)
- ☐ Exhaustion, stress, or illness (1 Kings 19; Psalm 42)

- ☐ Loss of security (Psalm 50:15)
- ☐ Fearful thoughts (Psalm 56; 62; 51)

**Describe what triggered your fear experience:**

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If sin played a role, confess it to God and ask for forgiveness (Proverbs 28:1; 1 John 1:9).

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## 2. Examine Your Thoughts During the Fear Experience

What were you thinking or saying to yourself?

- ☐ “I can’t handle this.” (1 Corinthians 10:13)
- ☐ “This will ruin me.” (Philippians 1:6)
- ☐ “God won’t protect me.” (Psalm 4:8)
- ☐ “God is punishing me.” (Hebrews 12:5–11)
- ☐ Other: \_\_\_\_\_

**Identify Satan’s lies and replace them with God’s truth (John 8:32):**

Lie	God’s Truth
This will destroy me.	Psalm 62:5–8
I can’t handle this.	Philippians 4:13
I’m all alone.	Psalm 56:3–4

**Write one verse that you will memorize this week:**

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## 3. Examine Your Reactions

What did you do before, during, or after the fear experience?  
(Examples: withdrew, lashed out, cried, blamed someone, complained.)

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**How did your response make things worse?**

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**What could you have done instead to express love for God and others?**

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## **4. Evaluate Your Desires**

What desires dominated your thoughts during this time?

- ☐ Control the situation or people
- ☐ Avoid pain or conflict
- ☐ Protect reputation
- ☐ Feel comfortable or safe
- ☐ Be admired or approved
- ☐ Be free from struggle
- ☐ Other: \_\_\_\_\_

*Wrong desires produce self-focus and anxiety (James 4:1–3; Proverbs 10:24).*

**How did your desires contribute to your fear?**

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## **5. Reconsider Your View of the Trial**

Have you said things like:

- ☐ “I shouldn’t have to go through this.”
- ☐ “God must hate me.”
- ☐ “I’ll never get it right.”

God’s truth says:

- **James 1:2–4** – Trials strengthen your faith.
- **Romans 8:28–29** – God is shaping you into Christ’s likeness.

**Compare your view to God’s truth. What needs to change?**

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## 6. Check Your Focus

Are you focused on yourself, your past, your health, or your reputation?  
Each misplaced focus fuels fear. Instead, fix your thoughts on what is true, honorable, and praiseworthy (Philippians 4:8; Psalm 73:23–28).

**What should you focus on instead, and how can that help you overcome fear?**

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## 7. Strengthen Your Theology of God

Knowing who God is strengthens your confidence in Him.

<b>God Is...</b>	<b>Scripture</b>
Loving	Romans 8:31–39
Sovereign	Romans 8:28
Wise	Romans 11:33
Powerful	Jeremiah 32:17
Faithful	Numbers 23:19
Present	Psalm 139:7–12
Merciful	Lamentations 3:22–23

**Isaiah 41:10; 1 Peter 5:6–7; Psalm 121**

**Which attribute of God encourages you most right now? Why?**

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## 8. Learn from the Faith of Others

God’s people have faced fear before—and He delivered them.

- Israel at the Red Sea – *Exodus 14*
- David and Goliath – *1 Samuel 17*
- Elijah and Jezebel – *1 Kings 19*

**What biblical story gives you hope in your own situation?**

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**Who in your church or life can encourage you? (Hebrews 10:24–25)**

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## **9. Replace Sinful Attitudes with Godly Ones**

<b>Sinful Attitude</b>	<b>Godly Response</b>	<b>Scripture</b>
Grumbling	Practice gratitude	Philippians 2:14–15
Anger	Choose forgiveness	Ephesians 4:31–32
Hopelessness	Trust God’s faithfulness	Philippians 1:6
Revenge	Do good instead	Romans 12:18–21
Worry	Focus on today’s duties	Matthew 6:25–34

**Which attitude do you most need to replace this week?**

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## **10. Cultivate a Servant’s Heart**

Serving others shifts your focus from fear to faith (Philippians 2:1–11).

**List several people you can serve this week and how you will serve them:**

**Person Practical Way to Serve**

- 1.
- 2.
- 3.
- 4.

“Do not be overcome by evil, but overcome evil with good.” – Romans 12:21

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### **Reflection and Prayer**

What has God shown you through this study about your fear and His faithfulness?

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Write a closing prayer committing your fears to Him:

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