

# Anxiety Awareness Inventory

*Reflect. Identify. Invite God into the process.*

**Instructions:** This inventory is designed to help you reflect on how anxiety shows up in your life and where it may be hiding behind silence or suppression. Set aside 10–15 minutes in a quiet space. Be honest with yourself—this isn't about perfection, it's about growth.

## Part 1: Recognizing the Signs

**Check all that apply to your experience in the past month:**

- ☐ Trouble sleeping or waking with a racing mind
- ☐ Avoiding people or social situations
- ☐ Feeling like you have to keep it all together
- ☐ Frequently irritable or overwhelmed
- ☐ Physical symptoms (tight chest, tension, fatigue)
- ☐ Constant “what if” thinking
- ☐ Overeating / under-eating / skipping meals
- ☐ Struggling to focus or stay present
- ☐ Dreading responsibilities or commitments
- ☐ Feeling like you're failing spiritually

## Part 2: Silence & Suppression

**Complete the following prompts honestly:**

**When I feel anxious, I usually...**

*(e.g., shut down, lash out, isolate, distract myself)*

**The people closest to me would describe me as...**

*(Are they aware of your struggles or do you hide them?)*

**One area where I feel pressure to stay silent is...**

*(e.g., work, church, family, friendships)*

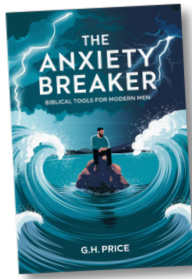
**I fear being judged or misunderstood when I...**

**The emotion I avoid talking about the most is...**

## Part 3: Bringing It to Light

**Use these questions to begin inviting God into your healing:**

- Where do I feel safe being vulnerable?
- Who in my life might I talk to about this?
- What would it look like to surrender this anxiety to God today?



# Anxiety Awareness Inventory

*Continued...*

## **What Your Answers Reveal (and What to Do Next):**

If you checked multiple boxes in **Part 1**, it's a sign that anxiety is impacting more areas of your life than you may have realized. That's not something to fear—it's something to face with courage. The more awareness you gain, the more clarity you have to take action. These symptoms don't define you, but they are signals. Start by choosing just one or two signs to bring to God in prayer and to explore deeper using the tools provided in *The Anxiety Breaker*.

In **Part 2**, your written reflections are windows into where anxiety may be rooted in silence or shame. If you found these prompts difficult or emotional, that's okay. It means you're tapping into real areas of struggle—and those are the exact places God wants to meet you. Bring one of your responses to a trusted friend, pastor, or accountability partner this week. Vulnerability is a gateway to freedom.

**Part 3** is where healing begins. Don't rush through it. Let the questions guide your next steps. Choose one safe person to talk to.

Pray the prayer out loud. And take one simple action to surrender a specific anxious thought to God today. Whether that's journaling, speaking truth aloud, or reaching out to someone, your courage to take that next step matters.

## **Prayer:**

"God, reveal what I've kept hidden and give me the courage to face it with You. Help me break the silence that keeps me bound. Amen."