

UNDERSTAND YOUR ANXIETY. RESET YOUR NERVOUS SYSTEM. TAKE YOUR LIFE BACK.



THE ANXIETY TRIGGER

Decoder

WORKBOOK

Welcome to Your
Personal **Anxiety** Profile



MAP YOUR TRIGGERS
Identify what's really
driving your anxiety



FIND YOUR ANXIETY TYPE
Take the Nervous System
Profile Quiz



CREATE YOUR PLAN
Build a prevention protocol
that works for YOU



TRACK & TRANSFORM
30-day tracker to watch
your anxiety decrease

*You've
got this.*

I am
safe.
I am
in control.
I can
feel this
and be okay.
♥



**A 30-DAY
GUIDED WORKBOOK**
to Identify Your Triggers,
Calm Your Nervous System,
and Finally Sleep
Through the Night

CREATED BY ♥

EHIKIOYA STELLA

THE ANXIETY TRIGGER

Decoder

WORKBOOK



EHIKIOYA STELLA

THE ANXIETY TRIGGER DECODER WORKBOOK

Welcome to Your Personal Anxiety Profile

Hello, beautiful.

Before you start the 7-day protocol, I want you to understand *your* specific anxiety. Not anxiety in general. **YOUR** anxiety. Because what triggers you at 3am might be completely different from what triggers someone else.

High-achievers all share the same pattern: nervous system in overdrive, perfectionism spiral, racing thoughts. But *why* your nervous system gets activated is personal to you.

Maybe it's work stress. Maybe it's relationship insecurity. Maybe it's health anxiety. Maybe it's perfectionism about being the perfect wife, the perfect mother, the perfect professional.

This workbook helps you map **YOUR** anxiety. So when you start the protocol, you're not just doing a generic reset—you're doing a reset designed specifically for how *your* nervous system works.

Here's how this works:

1. Answer the questions honestly (no one is judging)
2. Map your triggers visually so you can SEE the pattern
3. Take the Nervous System Profile quiz to identify your specific anxiety type
4. Create a prevention plan customized to **YOUR** triggers
5. Use the 30-day tracker to watch your anxiety decrease

Let's go.

— Stella

SECTION 1: THE ANXIETY PATTERN INVENTORY

Answer these 30 questions. Be honest. The more specific you are, the better your personalized protocol will be.

Work & Career Triggers

1. When do you feel most anxious at work? (Morning meetings / afternoon slump / specific projects / email pressure / performance reviews / working late / other: _____)
2. What specific work situation made you most anxious in the last month? Write it out in detail:
3. Do you get anxious about:

- Making mistakes? (Yes / No / Sometimes)
 - Being judged by your boss? (Yes / No / Sometimes)
 - Not being good enough? (Yes / No / Sometimes)
 - Failing at a project? (Yes / No / Sometimes)
 - What others think of you? (Yes / No / Sometimes)
4. When you make a small mistake at work, what happens in your body?
- Racing heart (Yes / No)
 - Tight chest (Yes / No)
 - Mind goes blank (Yes / No)
 - Replay it obsessively (Yes / No)
 - Other: _____
5. Do you prepare excessively for meetings/presentations? (Yes / No)
If yes, how many hours do you spend preparing when 2-3 would be enough? _____ hours
6. How often do you check work emails/messages outside of work hours?
- Constantly (every few minutes)
 - Several times an hour
 - Once per hour
 - A few times per evening
 - Rarely
7. What's your biggest fear about your job?

Relationship & Marriage Triggers

8. When was the last time you felt anxious with your partner? What happened?
9. Do you worry about:
- Him not finding you attractive anymore? (Yes / No)
 - Him losing interest in you? (Yes / No)
 - Him leaving? (Yes / No)
 - Him resenting you? (Yes / No)
 - Him thinking you're broken? (Yes / No)
10. During intimacy, do you:
- Tense up? (Yes / No)
 - Worry he's judging you? (Yes / No)
 - Focus on his pleasure over your own? (Yes / No)
 - Feel self-conscious? (Yes / No)
 - Avoid it altogether? (Yes / No)

11. Do you often replay conversations with your partner, worrying you said something wrong? (Yes / No)
How often? (Daily / Few times a week / Weekly / Rarely)
12. What's your biggest fear in your relationship?

Physical & Health Anxiety

13. Do you experience:
- Racing heart/chest tightness? (Yes / No)
 - Dizziness? (Yes / No)
 - Shortness of breath? (Yes / No)
 - Stomach issues? (Yes / No)
 - Muscle tension? (Yes / No)
 - Other: _____
14. When you feel a physical sensation, what's your first thought?
- "Something is wrong with me"
 - "I'm having a heart attack"
 - "This is serious"
 - "It will pass"
 - Other: _____
15. Do you check your pulse/body frequently? (Yes / No)
How often? _____
16. Have you been to the doctor multiple times in the past year worried something is wrong? (Yes / No)
How many times? _____
17. What health concern worries you most right now?

Perfectionism & Performance Anxiety

18. On a scale of 1-10, how much do you worry about being perfect? _____
19. Do you:
- Redo work multiple times? (Yes / No)
 - Struggle to finish because it's "not good enough"? (Yes / No)
 - Compare yourself constantly to others? (Yes / No)
 - Feel like you're never doing enough? (Yes / No)
20. What happens when someone critiques your work?
- You feel devastated
 - You immediately plan how to fix it
 - You replay it for hours/days
 - You defend yourself

- Other: _____

21. Complete this sentence: "I'm only valuable if I'm _____"

22. What would happen if you "failed" at something important?

Decision-Making & Control Anxiety

23. Do you struggle to make decisions? (Yes / No)

- Small decisions (what to wear, what to eat)
- Medium decisions (which project to work on)
- Big decisions (career moves, relationship moves)
- All decisions

24. When faced with a decision, do you:

- Analyze endlessly?
- Seek reassurance from others?
- Feel paralyzed?
- Worry about choosing wrong?

25. What's your biggest fear when making a decision?

Relationship to Control

26. Do you feel anxious when you can't control something? (Yes / No)

Examples: _____

27. Do you try to control:

- Others' opinions of you? (Yes / No)
- How others behave? (Yes / No)
- Outcomes at work? (Yes / No)
- Your body? (Yes / No)

28. When something goes wrong that's not your fault, how do you typically respond?

- Find a way to blame yourself
- Obsess about how to fix it
- Feel helpless
- Move on quickly

Time of Day & Pattern Questions

29. When is your anxiety WORST?

- Morning (upon waking/before work)
- Midday (around 2pm)
- Evening (after work)
- Night (before bed)

- Middle of the night (3am wake-ups)
- Constantly throughout the day

30. When is your anxiety BEST?

- During work (when busy)
- Weekends
- After exercise
- With friends/family
- Alone
- Other: _____

SECTION 2: YOUR PERSONAL TRIGGER MAP

Now that you've answered the questions, let's map your triggers visually.

Draw or write your triggers in the circles below. Put the biggest, most frequent triggers in the larger circles.

YOUR ANXIETY TRIGGER MAP

WORK STRESS

(presentations,
perfectionism)

RELATIONSHIP WORRY

(partner distant, not good enough)

HEALTH ANXIETY

(racing heart, body sensations)

PERFECTIONISM

(never enough,
always wrong)

CONTROL ISSUES

(can't predict,
can't control)

Your biggest triggers are:

1. _____
2. _____

3.

Patterns you notice:

(E.g., "My anxiety is worst when I'm at work AND worried about my relationship" or "It's always about perfectionism")

SECTION 3: YOUR NERVOUS SYSTEM PROFILE QUIZ

Answer these 10 questions to identify YOUR specific anxiety type. This determines which practices from the main guide will help you most.

Question 1: How Does Your Anxiety Typically Show Up?

- A) My thoughts race uncontrollably. I replay conversations, imagine worst-case scenarios, and can't turn my brain off.
- B) My body reacts first—heart racing, chest tightness, shortness of breath. Then my mind catches up and panics.
- C) I become paralyzed by perfectionism. Everything has to be exactly right or I feel like I've failed.
- D) I feel stuck and unable to make decisions. I analyze endlessly and can't commit to anything.

Question 2: At 3am, Your Mind Does What?

- A) Races with anxious thoughts about everything that could go wrong.
- B) Stays calm, but your body won't settle (racing heart, can't breathe properly).
- C) Replays every mistake you made that day and worries about tomorrow's performance.
- D) Spins through "what-ifs" and scenarios you can't control.

Question 3: When Something Triggers Your Anxiety, What Comes First?

- A) The anxious thought. Then your body follows.
- B) The body sensation. Then the anxious thought.
- C) The thought that you're not good enough / you messed up.
- D) The realization that something is out of your control.

Question 4: What Makes Your Anxiety WORSE?

- A) Quiet moments where you're alone with your thoughts.
- B) Physical sensations (heart racing, feeling dizzy).
- C) Any feedback or criticism, even constructive feedback.
- D) Uncertainty or situations you can't predict.

Question 5: What Would Help You Most Right Now?

- A) A way to calm your racing mind so you can actually sleep.
- B) A way to regulate your body so you feel physically safe again.
- C) A way to be less hard on yourself and accept imperfection.
- D) A way to feel more in control and less paralyzed by decisions.

Question 6: How Do You Typically Cope With Anxiety?

- A) Distract yourself (social media, work, organizing, staying busy).
- B) Seek reassurance (check pulse, ask partner if you're okay, research symptoms).
- C) Push yourself harder to perform better.
- D) Avoid the situation or decision that's causing it.

Question 7: Your Partner Would Say You...

- A) "Won't stop thinking/worrying about things."
- B) "Get physically tense and breathless easily."
- C) "Are too hard on yourself and won't accept compliments."
- D) "Get stuck in your head and can't decide things."

Question 8: The Thing You Most Fear is:

- A) Losing control of your thoughts.
- B) Something being medically wrong with you.
- C) Failing or not being good enough.

D) An unpredictable future where you can't prepare.

Question 9: How Many A's, B's, C's, and D's Did You Choose?

Count them:

- A's: _____
- B's: _____
- C's: _____
- D's: _____

YOUR ANXIETY PROFILE:

Mostly A's: THE RACING-THOUGHTS ANXIETY

Your nervous system shows up as an overactive mind. You're the person who can't turn her brain off. You imagine worst-case scenarios. You replay conversations. You worry about things that haven't even happened.

For you: The Morning Anchor is critical (it calms your nervous system early). The Midday Ritual prevents the afternoon spiral. The Evening Release is essential for sleep. Focus on the breathing techniques and the worry-dump practice.

Your superpower: Once your mind is calm, you're incredibly productive and creative.

Your challenge: Learning to redirect anxious thoughts instead of trying to fight them.

Mostly B's: THE PHYSICAL-PANIC ANXIETY

Your nervous system shows up through your body. You feel physical sensations first (heart racing, tightness, dizziness), then your mind interprets them as danger. You might have health anxiety or feel disconnected from your body.

For you: The Midday Ritual is critical (the pressure point work directly calms physical panic). The Emergency Shutdown is your best friend. Focus on the body-scan practices and grounding techniques.

Your superpower: Once you feel physically safe, your mind quiets naturally.

Your challenge: Learning to distinguish between real danger and anxiety-triggered body sensations.

Mostly C's: THE PERFECTIONISM-BASED ANXIETY

Your nervous system shows up as self-criticism and impossible standards. You're never good enough. Every mistake feels catastrophic. You're terrified of failing or being judged.

For you: The Morning Anchor sets a compassionate tone for your day. The Emergency Shutdown helps when perfectionism spirals start. Focus on the self-talk scripts and affirmations. You need permission more than protocols.

Your superpower: Your attention to detail and drive to excellence.

Your challenge: Learning to accept imperfection and progress instead of demanding perfection.

Mostly D's: THE DECISION-PARALYSIS ANXIETY

Your nervous system shows up as analysis-paralysis and need for control. You can't decide because you're terrified of choosing wrong. You need certainty in an uncertain world.

For you: The Evening Release is critical (helps you release the need to control everything before bed). The Midday Ritual interrupts the spiral. Focus on grounding techniques that help you accept what you can't control.

Your superpower: Your thoughtfulness and ability to see all angles.

Your challenge: Learning to decide and commit without needing perfect certainty first.

SECTION 4: YOUR PREVENTION PROTOCOL

Based on your anxiety profile, here's which practices from the main guide matter most for YOU.

If You're Racing-Thoughts Anxiety:

Critical Practice: The 60-Second Morning Anchor

- Do this EVERY morning without exception
- It primes your brain to stay calmer all day
- Timing: 5 minutes immediately upon waking

Key Practice: The Evening Release (Worry Dump)

- Your racing mind at night is your biggest issue
- The worry dump is designed specifically for you
- Timing: 30 minutes before bed

Support Practice: The Emergency Shutdown (focus on the self-talk component)

- When thoughts start racing, interrupt them with the self-talk script
- The script gives your mind something to focus on besides the spiral

Prevention Tip: During the day, when you notice anxiety starting, take ONE slow breath (in for 4, out for 6) instead of trying to suppress the thoughts. This signals to your nervous system that you're aware but not panicking.

If You're Physical-Panic Anxiety:

Critical Practice: The Midday Ritual (especially the pressure point work)

- This directly calms physical panic
- Do this at 2pm when anxiety typically spikes
- Timing: 5 minutes, every day

Key Practice: The Emergency Shutdown

- This is your panic killer
- Practice it even when you're not panicked so your body knows exactly what to do
- Keep the Quick Reference Card with you at all times

Support Practice: The 60-Second Morning Anchor (focus on the breathing and body awareness)

- Start your day feeling physically safe
- This sets the tone for your whole day

Prevention Tip: Throughout the day, do a 30-second body check. Scan from head to toe and notice what's tense. Just noticing (without trying to fix it) helps your body relax.

If You're Perfectionism-Based Anxiety:

Critical Practice: The Morning Anchor (focus on the affirmations component)

- Start your day with self-compassion
- Your morning thought sets the tone for perfectionism all day
- Timing: 5 minutes, immediately upon waking

Key Practice: The Worry Dump

- Write down everything you think you "should" have done perfectly
- Release the perfectionism on paper
- Timing: Evening, 10 minutes

Support Practice: The Emergency Shutdown (focus on the self-talk: "I am in control. I can feel this and be okay.")

- This interrupts the perfectionism spiral
- Reminds you that you're allowed to be human

Prevention Tip: During the day, when you notice perfectionism starting, ask yourself: "Is this thought helping me or hurting me?" If it's hurting you, dismiss it. Literally say "No" out loud if you need to.

If You're Decision-Paralysis Anxiety:

Critical Practice: The Evening Release

- Release the need to control/predict everything before bed
- This is essential for someone who needs certainty
- Timing: 30 minutes before bed

Key Practice: The 60-Second Morning Anchor (focus on grounding and acceptance)

- Start your day grounded in what you CAN control (your breath, your presence)
- This helps you accept what you can't control throughout the day

Support Practice: The Midday Ritual

- At 2pm, when decision-making paralysis might hit, reset
- Grounding work helps you make decisions from a calm place

Prevention Tip: When faced with a decision, use this framework: "I can decide and course-correct, OR I can stay stuck. Both are choices. I choose to decide and adjust as I go." This reduces the pressure for a "perfect" decision.

SECTION 5: YOUR 30-DAY TRIGGER TRACKER

Use this tracker to notice patterns in your anxiety. Fill it out each evening for 30 days.

Format: Each day, note:

- **Anxiety level (1-10):** How anxious were you today overall?
- **Biggest trigger:** What caused your anxiety to spike?
- **Physical symptoms:** How did it show up in your body?
- **What helped:** Which practice helped when you got anxious?
- **Time of day:** When was it worst?

WEEK 1:

Day 1:

- Anxiety Level: ____/10
- Biggest Trigger:

- Physical Symptoms:

- What Helped:

- Time of Day: _____

Day 2:

- Anxiety Level: ____/10
- Biggest Trigger:

- Physical Symptoms:

- What Helped:

- Time of Day: _____

Day 3:

- Anxiety Level: ____/10
- Biggest Trigger:

- Physical Symptoms:

- What Helped:

- Time of Day: _____

Day 4:

- Anxiety Level: ____/10
- Biggest Trigger:

- Physical Symptoms:

- What Helped:

- Time of Day: _____

Day 5:

- Anxiety Level: ____/10
- Biggest Trigger:

- Physical Symptoms:

- What Helped:

- Time of Day: _____

Day 6:

- Anxiety Level: ____/10
- Biggest Trigger:

- Physical Symptoms:

- What Helped:

- Time of Day: _____

Day 7:

- Anxiety Level: ____/10
- Biggest Trigger:

- Physical Symptoms:

- What Helped:

- Time of Day: _____

Week 1 Reflection:

- My anxiety level went from _____ on Day 1 to _____ on Day 7
- The biggest pattern I noticed:

- What's helping most:

WEEK 2:

Day 8-14: (Use the same format above for each day)

Week 2 Reflection:

- Compared to Week 1, my anxiety is (better/same/worse)
- New pattern I'm noticing:

- I'm starting to believe this is working because: _____

WEEK 3:

Day 15-21: (Use the same format)

Week 3 Reflection:

- My biggest trigger is still: _____
- But I'm handling it differently now because: _____
- I notice I'm sleeping (better/same/worse) than before

WEEK 4:

Day 22-30: (Use the same format)

Day 30 Reflection:

- Anxiety level Day 1: ____/10
- Anxiety level Day 30: ____/10
- Biggest improvement:

- What I'm most proud of:

SECTION 6: YOUR LIFE CONTEXT GUIDE

These questions help you understand whether your anxiety has seasonal patterns or life-stage triggers.

Seasonal Patterns:

1. Is your anxiety worse at certain times of year?
 - Yes / No
 - If yes, when? _____
 - Why might that be? (Work deadlines, holidays, anniversaries, weather, etc.)
2. Are there specific months when you feel most anxious?

Life Event Triggers:

3. Looking back, did your anxiety get worse after a specific event?
 - Promotion / New job / Relationship changes / Health scare / Loss / Other: ____
4. Are there upcoming life events you're anxious about?
 - Yes / No
 - If yes, what? _____
5. Do you get more anxious during:
 - High work periods (Yes / No)
 - Relationship conflicts (Yes / No)
 - Hormonal shifts (Yes / No)
 - Times when you're alone (Yes / No)
 - Times when you're around people (Yes / No)

Social & Environmental Triggers:

6. Do specific people trigger your anxiety?
 - Your boss (Yes / No)
 - Your partner (Yes / No)
 - Your family (Yes / No)
 - Certain friends (Yes / No)
 7. Do specific environments trigger your anxiety?
 - Closed spaces (Yes / No)
 - Crowded spaces (Yes / No)
 - Work (Yes / No)
 - Home (Yes / No)
 - Certain cities/places (Yes / No)
 8. What's ONE environmental change you could make to reduce anxiety?
-
-

SECTION 7: YOUR CUSTOM MAINTENANCE PLAN

After you finish the 7-day protocol, you'll move into maintenance. But your maintenance should be customized to YOUR anxiety type.

YOUR MORNING NON-NEGOTIABLE:

Based on your anxiety profile, here's what you MUST do every single morning:

If Racing-Thoughts Anxiety:

- 60-Second Morning Anchor
- Set an intention to not replay the day before
- Do this before checking your phone

If Physical-Panic Anxiety:

- 60-Second Morning Anchor (focus on body awareness)
- Quick body scan (where am I tense?)
- Do this before coffee

If Perfectionism Anxiety:

- 60-Second Morning Anchor (with affirmations)
- Remind yourself: "Progress, not perfection"
- Do this before checking work email

If Decision-Paralysis Anxiety:

- 60-Second Morning Anchor (grounding focus)
- Remind yourself: "I can decide and adjust"
- Do this before facing any decisions

MY DAILY PRACTICE:

(Write your specific practice here based on your anxiety type)

YOUR WEEKLY TUNE-UP:

Once per week (I recommend Sunday evening), do a 20-minute reset:

Sunday Evening Ritual:

- 10 minutes: Grounding breathing
- 5 minutes: Body release (tense and relax muscles)
- 5 minutes: Worry dump (write down everything from the week)

YOUR WEEKLY CHECK-IN QUESTIONS:

1. How many days this week did I do my daily practice? ____ out of 7
2. What triggered the most anxiety this week? _____
3. How am I using the tools when anxiety hits? _____

4. Do I need to adjust my practice? (Yes / No) If yes, how? _____

YOUR EMERGENCY SHUTDOWN PROTOCOL:

When panic starts, here's YOUR plan:

STEP 1 — Recognition (30 seconds):

Notice the trigger: _____

STEP 2 — Activation (3 minutes):

Use the Emergency Shutdown from the main guide

STEP 3 — Recovery (5 minutes):

After the panic passes, do: _____

STEP 4 — Understanding (Later):

Analyze: What triggered this? Why? How did it feel different from before?

YOUR 30-DAY PROMISE TO YOURSELF

I, _____, commit to:

- ✓ Filling out this tracker every single day for 30 days
- ✓ Doing my daily practice (the _____ minutes/morning ritual)
- ✓ Using the tools when anxiety hits
- ✓ Being honest about what's working and what's not
- ✓ Giving this protocol 30 full days before deciding if it's working

I understand that:

- Day 1-3 might feel like nothing is changing (it is, I just can't feel it yet)
- Day 5-7 is usually when I notice real shifts
- By day 30, I'll have concrete proof of how much has changed

I'm doing this for me. Not to prove anything to anyone else. But to take my life back.

Signature: _____ Date: _____

CLOSING WORDS FROM STELLA

This workbook isn't just a tracker. It's evidence.

In 30 days, when you look back at your Day 1 anxiety level vs. your Day 30 level, you're going to see proof that this works. You're going to see patterns you didn't see before. You're going to understand YOUR anxiety in a way you never have.

That understanding is power.

Use this workbook. Fill it out even when you don't feel like it. And by day 30, you're going to have a clear picture of exactly how far you've come.

You've got this.

— Stella