

Externalizing Anxiety

A Visual & Somatic Exploration Worksheet

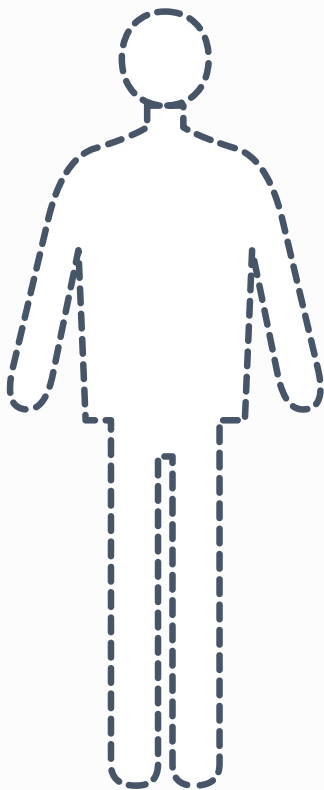
Name :

Date:

Welcome to this visual space: Anxiety often feels like an overwhelming internal force. By drawing, doodling, mapping, or painting its shapes onto paper, we begin to move anxiety out of our mind and body into an external object we can observe safely.

Part 1: Mapping Physical Sensations (Somatic Form)

Notice where anxiety travels or lodges within your body right now (or during a peak episode). Inside the body silhouette below, use colors, sharp/soft lines, shading, knots, or textures to paint or doodle how those feelings exist physically.



Sensory & Texture Key

Assign colors or pattern styles to your sensations:

- | | |
|---|--|
| ☐ Tightness / Pressure | ☐ Heat / Burning |
| ☐ Tingle / Buzzing | ☐ Heavy / Numb |
| ☐ Sharp / Stabbing | ☐ Churning / Motion |

Somatic Reflection

Which area inside the body silhouette feels like the "center" or epicentre of this energy?

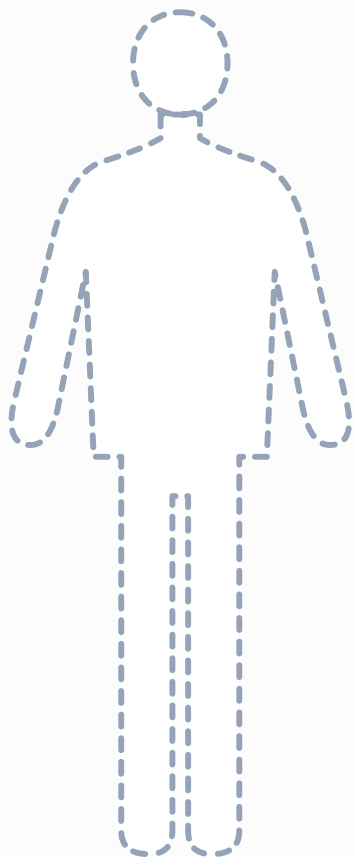
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Part 2: Giving Anxiety its Own Outer Form

If anxiety stepped completely outside of your body and took on its own independent shape, character, or entity, what would it look like? Use the outline below as a base or boundary you can paint inside it, transform it into a monster/creature, surround it with storm clouds, or draw over its outline completely.



Draw, paint, or doodle over or inside this entity

Character & Entity Profile

If this figure had an identity outside of you:

What is its name or title?

What sound, voice, or volume does it use?

What texture or density is it? (e.g., sharp, heavy, smoky, jagged)

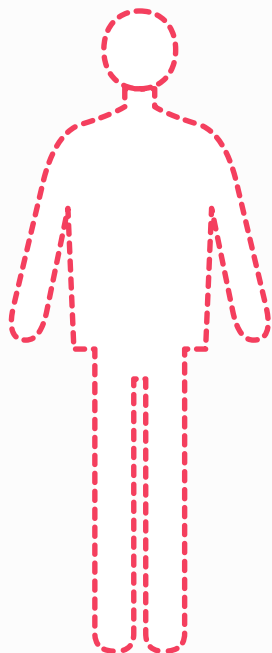
Separation Inquiry

"When I see this figure drawn on paper, how far away from me does it feel right now?"

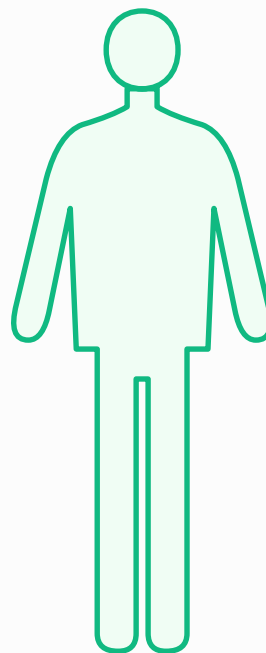
Part 3: Mapping Entry Points & Safety Anchor Points

Compare where anxiety first enters your physical body versus where safe, grounded sensations already reside. Use colors, lines, or symbols on both body silhouettes.

Where Anxiety Enters



Where Safety / Calm Lives



Somatic Boundary Observation

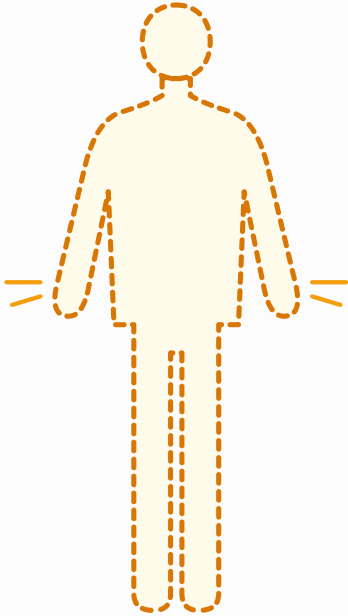
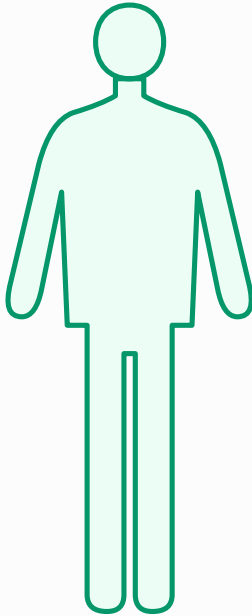
Is there a part of your body that feels completely untouched by the anxiety? How can that area act as an anchor?

Reflection Prompt:

"What physical shift occurs in your breathing or shoulders when you move your attention from the left body outline to the right body outline?"

Part 4: Somatic Release & Post-Expression State

Explore how anxiety leaves or transforms. In the left silhouette, draw arrows, bursts, or motions showing where anxious energy wants to discharge (e.g., hands, feet, voice). In the right silhouette, visualize your body after that energy has been released.

Energy Seeking Release	Restored / Released Body
	

1. Movement & Impulse:

What physical action (shaking, stretching, exhaling, speaking) does the left silhouette want to perform to release that stored energy?

2. Integration Reflection:

Looking across all body canvases, what is the single most important message your body is trying to tell you today?
