

Anxiety & Xanax Safety Worksheet - Xanax Prescription

Track your symptoms, prepare for telehealth, and protect yourself from scams.

◆ Section 1: Your Current Symptoms

Today's Date: _____

Time of Episode: _____

Duration: _____

Describe how you're feeling today (physically and emotionally):

◆ Section 2: Common Anxiety Indicators

SYMPTOM	EXPERIENCED?	NOTES / INTENSITY LEVEL (1–10)
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Racing heartbeat/palpitations		
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Chest tightness or shortness of breath		
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Dizziness or lightheadedness		
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Shaky hands or trembling		
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Intrusive thoughts/fear spirals		
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Sleep disturbance		
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Panic attacks (past 7 days)		
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◆ Section 3: Your Medication & History Snapshot

Have you used anxiety medications before?

☐ Yes ☐ No

If yes, list them with dosage and results:

Do you have a history of Xanax prescription?

CONDITION / FACTOR	YES / NO COMMENT
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Substance use issues	
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Trauma or PTSD	
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Depression or bipolar symptoms	
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Ongoing therapy or counseling	
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Genetic testing (e.g., GeneSight)	
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◆ Section 4: Telehealth Appointment Prep

Checklist – Prepare Before Your Online Consultation:

- ☒ Government ID ready
- ☒ Stable internet & private setting
- ☒ Symptom list filled
- ☒ Previous medication history noted
- ☒ Questions to ask the doctor written down

◆ Section 5: Red Flags to Watch For (Scam Protection)

RED FLAG	DID YOU SEE THIS? (Yes/No)
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The website offered Xanax without a video call.	
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Price too good to be true	
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".ru" or ".mx" website domain	
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No requirement for medical history	
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Claims “Xanax delivered overnight”	
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◆ Section 6: Follow-Up Plan

TASK	DUE DATE	STATUS
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Schedule a telehealth consultation.		
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Follow-up appointment within 30 days		
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Try alternatives (e.g., Vistaril, CBT, SSRIs).		
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Discuss lifestyle tools (cold therapy, apps).		
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Mental health support group/hotline saved		
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◆ Section 7: Reflection & Support

What triggers my anxiety most right now?

What calms me down naturally?

Who can I call if I feel overwhelmed?

"One sentence I will repeat to myself today:"

Remember:

Xanax is one of many tools. Your healing is not just in a pill but in your awareness, your choices, and the support around you.