

ANXIETY JOURNAL

It can be helpful to keep a log of your thoughts and feelings. Complete the following each day. Bring this to your sessions so you can discuss your progress with your therapist.

[illegible]

ANXIETY CHECKLIST

☐

1. Do I talk about my feelings? To Whom?

☐

2. Am I in a constant state of worry? What am I worried about?

☐

3. Am I giving power to my anxious thoughts?
What will I do to put my worries in to perspective?

☐

4. Is my routine contributing to my depression or anxiety? What will I change to improve my health?

☐

5. Am I plagued by negative thoughts?
What will I do to introduce positive thoughts into my life?

☐

6. Do I bottle up my thoughts and feelings? What will I do to release this pressure?

☐

7. Do I feel alone? Who can I seek for help?

DAILY ANXIETY NOTES

DATE:

MOOD METER

MOTIVATION METER

SLEEP METER



1 2 3 4 5 6 7 8 9 10 11 12

HOW I'M FEELING TODAY
(MENTALLY & PHYSICALY)

THOUGHTS THAT I HAVE

THIS IS WHY I FEEL THE WAY I DO (MY TRIGGERS)

BECAUSE OF ABOVE REASONS, MY BEHAVIOURS ARE....

WHAT I DO

WHAT I DON'T DO



THOUGHT PATTERNS

DATE:

WHICH THOUGHTS OCCUR MORE THAN OTHERS?

HAVE YOU NOTICED A PATTERN OF WHEN THIS HAPPENS?

IF YOU HAVE NOTICED A PATTERN, HOW CAN YOU BREAK THE CYCLE?

THINGS THAT HELP

- ☐ _____
- ☐ _____
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UNDERSTANDING TRIGGERS

WHAT ARE MY TRIGGERS

1

2

3

4

5

WHY ARE THESE TRIGGERS OCCURING ?

1

2

3

4

5

HOW DO THESE TRIGGERS MAKE ME FEEL?

1

2

3

4

5

MY COPING SKILLS

WHAT ARE MY COPING SKILLS

1

2

3

4

5

WHAT ARE THESE SKILLS IMPORTANT ?

1

2

3

4

5

HOW DO THESE SKILLS HELP ME ?

1

2

3

4

5