Noticing Anxiety

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Keeping track of situations that cause anxiety can help identify when you might become anxious the next time. It can also help pinpoint which strategies help manage anxiety and which ones don't. Fill in the chart with details about when, where, and how anxiety appears. Rate how strong the anxiety was at its worst. Then list anything you did to manage your anxiety, and how you felt after.

When?	Where?	What?	How Strong?	What Helped?	How Strong?
• Time • Day • Date	Where was this and what was happening as the anxiety hit?	What anxious thoughts, feelings, and/or actions did you notice?	When you noticed your anxiety at its worst, how bad was it? 1 = not too bad 10 = as bad as it gets	What things did you do to try to help? What helped the most?	About 20 min after you tried something, how bad was the anxiety? 1 = not too bad 10 = as bad as it gets
Tuesday after lunch	Mr. Casey started to call on students to do their presentations.	My stomach started hurting and I had to go to the bathroom. I felt shaky and hot.	8.5	I asked to go to the bathroom. I felt a little bit better in the bathroom.	6.5
Wednesday morning before class	Mr. Casey had me practice my presentation to just him.	I thought I was stupid. My stomach hurt. My voice and hands were shaking.	7.5	Mr. Casey showed me a breathing exercise. I think the breathing helped.	5
Saturday afternoon	My parents took me to the neighborhood BBQ.	I felt dizzy and hot. I was thinking I didn't want to be there and I didn't know anyone.	7	My mom introduced me to a neighbor I went to preschool with. He was nice.	4.5