

Noticing Anxiety

Name:

Date:

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?
<ul style="list-style-type: none"> • 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