ANXIETY JOURNAL

This Book Belongs To

_____

CARE4LA
COALITION FOR ADVANCED RESTORATIVE EQUITY

My Anxiety

3 THINGS THAT TRIGGER MY ANXIETY

- [ ] ....
- [ ] ....
- [ ] ....

3 THINGS I TEND TO HAVE WHEN ANXIOUS

- [ ] ....
- [ ] ....
- [ ] ....

3 PHYSICAL SYMPTOMS I HAVE WHEN ANXIOUS

- [ ] ....
- [ ] ....
- [ ] ....

Anxiety Checklist

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Anxiety Checklist

"I act with confidence because I know what am doing.

"I am different and unique, and that is OK."

"I am safe in the company of others."

"Day by day, minute to minute am capable and prepared"

"I am prepared and ready for this situation."

"People assume can do this, know I can and I will."

"I am at ease when talking to other people."

"I have survived my anxiety before. I will survive it now"

Dream Journal

Today's Date:

Where: Location/Place:

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When: Time Of Day/Season:

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Are You Alone:

....

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Are Recurring themes, Landscapesor Objects:

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Dream Notes

ANALYZE YOUR MOOD

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Day Overview							
People I Met Today							
Track Your Mood	Joyful Happy Hopeful Exhausted Irritated Sad Guilty Depressed Stressed Loving Envious Jealous Shamed Lonely Appreciated	Joyful Happy Hopeful Exhausted Irritated Sad Guilty Depressed Stressed Loving Envious Jealous Shamed Lonely Appreciated	Joyful Happy Hopeful Exhausted Irritated Sad Guilty Depressed Stressed Loving Envious Jealous Shamed Lonely Appreciated	Joyful Happy Hopeful Exhausted Irritated Sad Guilty Depressed Stressed Loving Envious Jealous Shamed Lonely Appreciated	Joyful Happy Hopeful Exhausted Irritated Sad Guilty Depressed Stressed Loving Envious Jealous Shamed Lonely Appreciated	Joyful Happy Hopeful Exhausted Irritated Sad Guilty Depressed Stressed Loving Envious Jealous Shamed Lonely Appreciated	Joyful Happy Hopeful Exhausted Irritated Sad Guilty Depressed Stressed Loving Envious Jealous Shamed Lonely Appreciated
Others							

Deep Breath Assistance

Date and Time	Anxiety Level Before 0-100%	Anxiety Level After 0-100%

Being Present

Smell	Hear	Touch

Taste	See	Emotionally

Habit Tacker

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Week of:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Week of:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Week of:

My Mindset

Thoughts That Help Me Grow	Thoughts That Won't Help Me Grow

Doctor Visits

Doctors	Date	Time	Place	Comments

Medication Tracker

Doctor	Sun	Mon	Tue	Wed	Thu	Fri	Sat

Therapy Notes

Important

Notes

Appointments

Month:

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Notes

Mood Tracker

Mood: | Date: | Time:

My Emotions: ....
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Highlights of the day

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Things that can be improved

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What Made Me Feel That Day? ....
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Stress Factor

STRESS FACTORS	STRESS THOUGHTS

Chance Mindset

STRESS FACTORS	STRESS THOUGHTS

My Goals

Goal:	Start:	End:

My Goal:

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Reaching My Goals	Things that Will Help To Reach My Goal
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Notes:

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Yearly Life Goals

January	February	March

April	May	June

July	August	September

October	November	December

My Gratitude Log

Breathing Tracker

Date	Anxiety Level (1-10)	Minutes of Breathing	Anxiety Level (After Breathing)

Gratitude Us

Notes