Anxiety diary

Fill in the diary over the next week when you notice a strong feeling of anxiety. Write down

* The day and time
* Describe what was happening, who was there, and when and where it happened.
* What thoughts were racing through you mind? Write down exactly what you thought, and don’t be embarrassed!

* How did this make you feel?

|  |  |  |  |
| --- | --- | --- | --- |
| Day and Time | What were you doing? | What were your hot thoughts? | How did you feel? |
| 02/04/208.30 | Getting myself ready for school | I am sure I have forgotten something | Hot, racing heart, sweating |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

After you have completed the diary have a look to see it there are any patterns. Are there any situations that trigger your anxiety or common thoughts that go round in your head?