

Anxiety diary

Fill in this diary over the next week whenever you notice a strong feeling of anxiety. It can help you spot patterns or triggers for your anxiety. This can help you improve the way you manage those situations and your response.

Write down:

- **The day and time you felt anxious**
(regardless of whether you are completing the diary the same day, or afterwards)
- **What were you doing?** Describe what was happening, who was there (it could be just you) and where it happened
- **What thoughts were you having?** Write down exactly what you thought, and don't be embarrassed!
- **How did this make you feel?**

An example is included below

| Day & Time | What were you doing? | What were your thoughts? | How did you feel? |
|------------|---------------------------------|--------------------------------------|-----------------------------|
| 2.4.20 | Getting myself ready for school | I am sure I have forgotten something | Hot, racing heart, sweating |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |