

Journaling Prompts

1. Circle Anxiety symptoms that are most troubling to you.

- Excessive worry or tension,
- Tiredness,
- Restlessness,
- Sleeping difficulties,
- Headaches,
- Mood swings,
- Concentrating difficulties, and
- Nausea.

2. Reflect on the symptoms you associate with your most recent experience of anxiety.

- What happens to you physically when you experience anxiety?

- What happens to you emotionally when you experience anxiety?

- What do you find yourself doing (actions) or wanting to do when you experience anxiety?

3. How often do significant anxiety and fear come up in your day-to-day life?

4. In what ways do your anxiety, avoidance, and safety behaviors interfere with your life, including work, school, relationships health, hobbies and leisure activities, or other areas?

Identify contributing factors:

1. In the past year or so, have you lost anyone you care about through death, divorce, or prolonged separation?

2. Did you experience financial difficulty recently? Or have you made any major purchases such as a new house or car?

3. Have you made any major changes in your life? (e.g. retirement, a new place, a new job, or a new relationship)

4. Are there problems at work? (e.g. new responsibilities, longer hours, or poor management)

5. Are you having arguments or conflicts with anyone?

6. Do you have daily minor stresses such as a long commute, or disturbing noises? List them below.

7. Do you suffer from any serious physical injury or illness?

8. What skills, knowledge, or experiences do you already have that could help you successfully manage anxiety?

9. What would it mean to you if you were to successfully manage anxiety?

10. What guidance would you offer to a dear friend if they embarked on a similar journey?

Record your emotions

1. Describe an anxiety-provoking situation.

2. Try to identify the basics (thoughts, physical sensations, attention, and actions) that the situation triggered.

3. Describe the physical sensations you felt in your body before and while you were feeling anxious. (e.g. muscle tension, tightness in your chest or abdomen, racing heart, sweating, etc.)

4. Describe where your attention was focused. (e.g. on a physical sensation, on some feature of the situation, on a particular thought or image, on an urge or impulse, etc.)

5. Describe your emotion-driven actions that you used to avoid your anxious feelings, control them, or escape them. (e.g. cutting a meeting short to avoid saying something awkward or avoiding attending the meeting altogether, spending hours analyzing and reanalyzing an event in an effort to feel less anxious, etc.)

Emotion Worksheet

Situation	Thoughts	Attention	Physical Sensations	Emotion-driven Action