

Anxiety Tracker Or Anxiety Journal

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ANXIETY JOURNAL

Date _____ Location _____

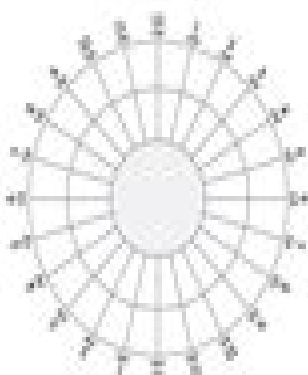
Energy	1	2	3	4	5	Daily Goals
Mood	1	2	3	4	5	
Sleep	1	2	3	4	5	

NEGATIVE EVENTS

Symptoms	Triggers

Mood Tracker

☐ Happy
☐ Sad
☐ Angry
☐ Nervous
☐ Bored
☐ Tired
☐ Other



My Rating

☆☆☆☆☆

Date _____ Location _____

My Triggers: ☐ Stress ☐ Health ☐ Finance ☐ Job ☐ Family

What exactly triggers you and how can you avoid those situations?

I feel good when...	I feel good because...

Anxiety Coping Techniques	Anxiety Effectiveness

My Reaction/Thoughts	My Insights

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