

Anxiety Diary



Week:	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Comments
7.00								
8.00								
9.00								
10.00								
11.00								
12.00								
13.00								
14.00								
15.00								
16.00								
17.00								
18.00								
19.00								
20.00								
21.00								
22.00								
23.00								
24.00								

1. Keep the Diary for a two week period.

2. Score each event between 1-10, 1=low, 10=high. It's probably only worth highlighting those situations where you score 6 or over.

3. Make a brief note of each situation over 6 when they occur, what the reason was and how long the discomfort lasted.

Also note what you did to relieve the situation, if anything.

Kemp House, 152-160 City Road, London. EC1V 2NX • +44 (0) 800 612 4826 • success@mindstrengths.co.uk

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