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My Anxiety Journal

Prompts to get a worry out of your head and onto the page. This isn't treatment for anxiety. If your worries are hard to control or are affecting daily life, speak to your GP.

01 Check in

If you have sudden chest pain that doesn't go away, call 999 (UK) or 911 (US) now rather than writing. A minute to see where you are. Nothing to fix yet.

How anxious do I feel right now?

1 2 3 4 5 6 7 8 9 10

Calm — Very anxious

In my body I notice (the NHS lists these among the signs of anxiety):

- [ ] A faster or more noticeable heartbeat
- [ ] Tension in my shoulders, jaw or stomach
- [ ] Restlessness
- [ ] Dizziness or light-headedness
- [ ] Trouble concentrating
- [ ] Poor sleep
- [ ] None of these

In a few words, what's going on:

02 Name the worry

What am I worried about? Write it out in full, as it sounds in my head.

Is it about something happening now, soon, or a long way off?

What am I afraid will happen?

03 What I can and can't influence

The NHS suggests focusing on what you can influence. Sort the worry into the two columns.

What I can influence My choices, my next step	What I can't Other people, the future, the past

What would it look like to leave the second column alone for today?

04 Looking at the prediction

What I predict will happen:

What other outcomes are possible, including ones I could cope with?

A time I was worried about something before. What actually happened?

05 What's helped before

What has helped me when I've felt like this? (people, places, activities)

What would I say to a friend who had this worry?

06 The basics

The NHS lists these as things that can help with anxiety: regular exercise, regular meals, enough sleep, limiting caffeine, and not relying on alcohol, cigarettes, gambling or drugs to cope. A quick look.

This week I could:

- [ ] Move my body a bit
- [ ] Eat something regular
- [ ] Cut back on caffeine, if I notice it affects me
- [ ] Pay attention to whether I'm leaning on alcohol, cigarettes, gambling or drugs to cope
- [ ] Talk to someone I trust about how I'm feeling

07 Something I've been avoiding

Optional. The NHS says that gradually facing anxiety-provoking situations, rather than avoiding them, can reduce anxiety. You don't have to do anything about this today. Don't take on something big or frightening alone. If avoiding is taking over your life, speak to your GP.

Something I've been avoiding because of anxiety:

The smallest step towards it that would feel manageable (or 'none today'):

08 One small step

In the next hour, I will:

Someone I could tell how I'm feeling:

How anxious do I feel now?

1 2 3 4 5 6 7 8 9 10

Calm — Very anxious

09 Prompts to take with you

Tick these off over time. One is plenty for a sitting.

- [ ] What is the worst thing I'm imagining, and what is the most likely thing?
- [ ] What am I telling myself I 'should' have done?
- [ ] When did the worry start today?
- [ ] What am I looking forward to, even slightly?
- [ ] What would I do if I felt a little braver?
- [ ] What would help me sleep tonight?
- [ ] What do I need to hear right now?
- [ ] Who has helped me before, and could I ask again?

When you're done, a moment to reflect

- Did writing it down change how the worry looks?
- What did I notice about what I can and can't influence?
- What is one thing I'd like to bring to my GP or someone I trust?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/anxiety-journal-prompts

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at **findahelpline.com**. If you're in immediate danger, call your local emergency number.