

Anxiety Tracker Or Anxiety Journal

● NO BLEED ● 8.5X11" ● 300 DPI

ANXIETY JOURNAL

Date _____ Location _____

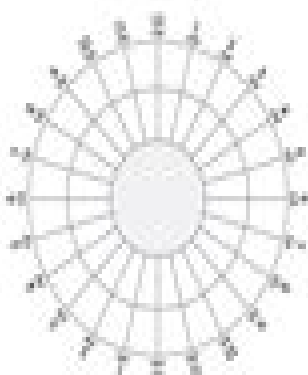
Energy	1	2	3	4	5	Daily Goals
Mood	1	2	3	4	5	
Sleep	1	2	3	4	5	

NEGATIVE EVENTS

Symptoms	Triggers

Mood Tracker

☐ Happy
☐ Sadness
☐ Fear
☐ Excitement
☐ Anger
☐ Joy



Day Rating

☆☆☆☆☆

Date _____ Location _____

My Triggers

☐ Home
 ☐ Work
 ☐ School
 ☐ Exercise
 ☐ All
 ☐ Family

What exactly triggers you and how bad you would those situations?

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

Anxiety Coping Techniques	Anxiety Effectiveness

My Reaction/Thoughts	My Insights

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Julie Ohana



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