

Anxiety Tracker Or Anxiety Journal

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ANXIETY JOURNAL

Date _____ Location _____

Energy	1	2	3	4	5
Activity	1	2	3	4	5
Sleep	1	2	3	4	5

Today's Goals

NEGATIVE EVENTS

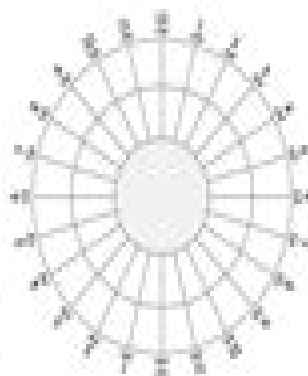
Symptoms	Triggers

Mood Tracker

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

Day 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 when...

I feel good when when...

Anxiety Coping Techniques

Healthy Relationships

My Reaction/Thoughts

My Insights

Anxiety Relief Today Sign In

Sabine Zange



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