

Anxiety Tracker Or Anxiety Journal

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ANXIETY JOURNAL

Date _____ Location _____

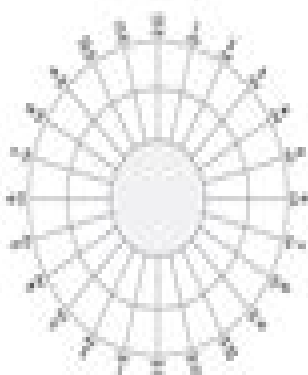
Energy	1	2	3	4	5	Daily Goals
Mood	1	2	3	4	5	
Sleep	1	2	3	4	5	

NEGATIVE EVENTS

Symptoms	Triggers

Mood Tracker

☐ Happy
☐ 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 want 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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Lingsheng Yao



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web place the frog in the dissecting pan ventral side up use scissors to lift the abdominal muscles away from the body cavity cut along the midline of the body to the forelimbs make transverse horizontal cuts near the arms and legs life the flaps of the body wall and pin back if your specimen is a female the body may be filled with eggs

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