

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

Anxiety Relief Update Sign In

DJ Losen



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