



Worry diary

Please note - after recording each worry remember to re-focus your thoughts back to the present moment.

Date and time	Situation What am I doing, where am I, who am I with? What is going on around me?	What is the worry? Eg What if...?	How anxious am I feeling? Rate from 0 -10 0 = not anxious, very calm 10 = most anxious ever felt	What type of worry am I having?	
				H	P