

Anxiety Tracking Log



Day/Time	Situation	Thoughts	Physical Sensations	Anxiety Rating <i>1=low; 10= high</i>	What did I do?	What did I say to myself?	Second Rating <i>1=low; 10= high</i>
EXAMPLE: Monday, 8/11 10:15 am	Riding bus to class; it was crowded	"Everyone is looking at me. I'm going to panic. I can't escape."	Difficulty breathing, sweating, heart-pound- ing	8	Deep breaths; distraction (phone)	"I can handle this. No one is paying attention to me."	5

