



Anxiety Journal

Things I want to...

SEE	VISIT	TASTE
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FEEL	OWN	ACHIEVE
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TRY	EXPERIENCE	REMEMBER
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Dysfunctional Thoughts Record

Situation (what happened?)

Emotions (how do you feel right now?)

--	--	--

Unhelpful thoughts (what bothers you in this situation?)

THOUGHTS	DISTORTIONS

Alternative thoughts (rational response to negative thoughts)

--	--

Outcome (how do you feel now?) _____

Mood Chart

Month: _____

DAY / MOOD	AWESOME	GOOD	NEUTRAL	BAD	TERRIBLE
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
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22					
23					
24					
25					
26					
27					
28					
29					
30					
31					

Weekly Gratitude Journal

MONDAY

Day _____

I'm grateful for: _____

TUESDAY

Day _____

I'm grateful for: _____

WEDNESDAY

Day _____

I'm grateful for: _____

THURSDAY

Day _____

I'm grateful for: _____

FRIDAY

Day _____

I'm grateful for: _____

SATURDAY

Day _____

I'm grateful for: _____

SUNDAY

Day _____

I'm grateful for: _____

WHAT I LOVED THE MOST THIS WEEK

Things that Help.

List things & activities that help you calm down and relax.

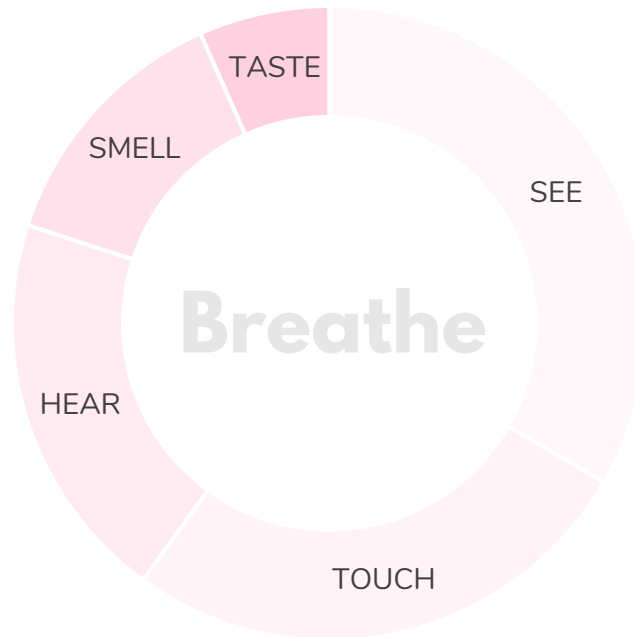
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Mindfulness Wheel



Name **5 things** you can **see**:

1. _____
2. _____
3. _____
4. _____
5. _____

Name **4 things** you can **touch**:

1. _____
2. _____
3. _____
4. _____

Name **3 things** you can **hear**:

1. _____
2. _____
3. _____

Name **2 things** you can **smell**:

1. _____
2. _____

REMEMBER:
This too shall pass.

Name **1 thing** you can **taste**:

1. _____