



# *Anxiety Journal*



# Things I want to...

SEE	VISIT	TASTE
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
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FEEL	OWN	ACHIEVE
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
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TRY	EXPERIENCE	REMEMBER
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# Dysfunctional Thoughts Record

**Situation** (what happened?)

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**Emotions** (how do you feel right now?)

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**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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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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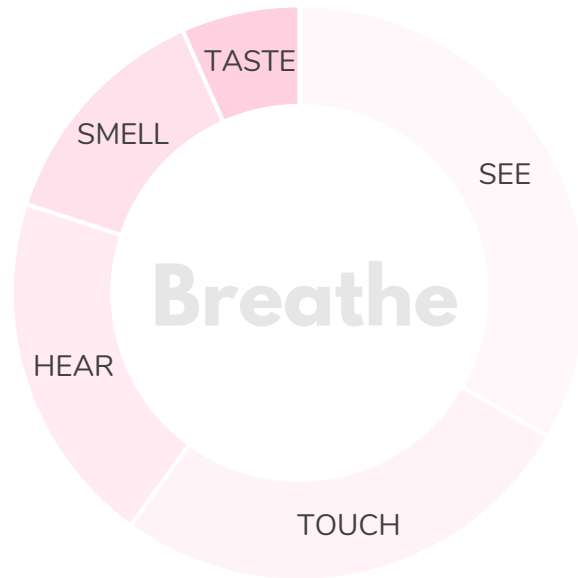
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# Mindfulness Wheel



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. \_\_\_\_\_