

# Anxiety – Self-Monitoring Record

Situation Describe the situation that triggered your anxiety	Anxious thoughts What were you predicting would happen? How strongly did you believe it? (0 – 100%)	Emotions & body feelings What did you feel? How strong was that feeling? (0–100%)	Responses How did you cope with those feelings? What precautions did you take?
<div>Who were you with? What were you doing? Where were you? When did it happen?</div>	<div>What thoughts, images, or memories came to mind? If it was an image or memory, what did it mean to you?</div>		

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<div>Who were you with? What were you doing? Where were you? When did it happen?</div>	<div>What thoughts, images, or memories came to mind? If it was an image or memory, what did it mean to you?</div>			