

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

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