

ANXIETY TRIGGER TRACKER INSTRUCTIONS:



TRIGGER: WRITE DOWN THE TIME, LOCATION AND WHO YOU ARE WITH WHEN YOU FEEL OVERWHELMED BY ANXIETY. OTHER TRIGGERS COULD BE THOUGHTS, ACTIVITIES OR FEELINGS. MAKE SURE TO WRITE DOWN AS MUCH AS YOU ARE AWARE OF TO HELP IDENTIFY PATTERNS AND TRIGGERS.

ANXIETY LEVEL 1-10: RATE THE INTENSITY OF YOUR ANXIETY FROM 1-10 1 DESCRIBING THE LOWEST LEVEL OF ANXIETY YOUR MAY EXPERIENCE AND 10 BEING THE MOST SEVERE ANXIETY YOU MIHT EXPERIENCE. BE HONEST ABOUT THIS. SOME SITUATIONS MIGHT TRIGGER A LOWER LEVLE OF ANXIETY BUT COULD ALSO BE A PRECIPITATING EVENT TO A TRIGGER OF HIGHER INTENSITY ANXIETY. BOTH ARE EQUALLY IMPORTANT TO TRACK.

SYMPTOMS: WRITE DOWN THE SYMPTOMS YOU EXPERIENCE DURING EACH EPISODE OF ANXIETY. EXAMPLES OF SYMPTOMS ARE: HEART RACING, SWEATING, SHAKY HANDS, SHORTNESS OF BREATH ETC. SYMPTOMS CAN BE PHYSICAL - ANYTHING HAPPENING THAT YOU CAN FEEL IN YOUR BODY OR EMOTIONAL - ANY FEELINGS OR THOUGHTS OU MIGHT EXPERIENCE AS A RESULT OF YOUR ANXIETY.

ANXIETY TRIGGER TRACKER



TRIGGER	ANXIETY LEVEL 1-10	SYMPTOMS
	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 10	