



## Anxiety diary

Use this diary to keep a note of when and where you feel anxious. You only need to make a brief entry, and record how anxious you are feeling using the anxiety scale. The scale is marked from 1 to 10; 1 indicates you are very slightly anxious, 5 is moderately anxious, and 10 is extremely anxious, or the most anxious you've ever been.

Filling in the chart will help figure out the cause of your anxiety, and whether there are specific times of the day or week that relate to more severe anxiety episodes. This will help us choose the best way to deal with your anxiety problem.

Your name .....

Day, date and time	Where are you?	What are you doing?	Anxiety scale
			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