

# Anxiety Tracker Or Anxiety Journal

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- 8.5X11"
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## ANXIETY JOURNAL

Date \_\_\_\_\_ Location \_\_\_\_\_

Energy	<input type="radio"/>				
Mood	<input type="radio"/>				
Stress	<input type="radio"/>				

Body Scan

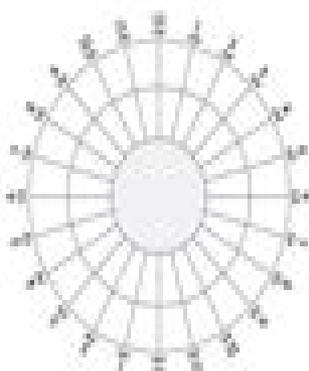
Symptoms	Triggers

What Triggers

<input type="checkbox"/>

My Mood

☆☆☆☆☆
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Date \_\_\_\_\_ Location \_\_\_\_\_

My Triggers  Home  Work  Exercise  All  Family

What exactly triggers you and how can you avoid those situations?

--	--

I feel good when when...	I feel good because when...

Anxiety Coping Techniques	Healthy Relationships

My Resilience/Strengths	My Insights

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