

Anxiety Tracker

Use this tracker for at least 1 - 2 weeks to help you identify triggers and patterns in your anxiety.

Instructions: Print out several copies of this sheet or use it as a guide for journaling. When you experience an episode of anxiety, use this tracker to record the details of your experience. If you aren't able to record in the moment, you can fill out the tracker retroactively, but try to do so within the same day when possible.

Date & time: / / :

What was happening? _____

Physical sensations:

Thoughts:

People present:

Possible triggers:

Pattern noticed? Yes / No _____

