

Handout 2.4: Analyzing Anxiety: Daily Log

Anxiety-Triggering Event	
Negative Emotions	Positive Emotions
Strength of Negative Emotions <hr/> 1 2 3 4 5 6 7 8 9 10 Low High	Strength of Positive Emotions <hr/> 1 2 3 4 5 6 7 8 9 10 Low High
Identify Negative Anxious Beliefs	Challenge With Positive Beliefs
Type of Cognitive Distortion	Response to Cognitive Distortion
Certainty of Your Beliefs <hr/> 1 2 3 4 5 6 7 8 9 10 Low High	Certainty of Your Beliefs <hr/> 1 2 3 4 5 6 7 8 9 10 Low High
Unhealthy Reactions	Healthy Reactions
Cost/Benefit Analysis: Unhealthy Coping	Cost/Benefit Analysis: Healthy Coping
My Conclusions and Goals	