

Handout 2.6: Daily or Weekly Anxiety Summary Log

Date(s): _____

1. Anxiety-provoking events

2. Emotional responses

3. Degree of anxiety LOW 1 2 3 4 5 6 7 8 9 10 HIGH

4. Unhealthy thoughts

Certainty of beliefs LOW 1 2 3 4 5 6 7 8 9 10 HIGH

6. Healthy thoughts

Certainty of beliefs LOW 1 2 3 4 5 6 7 8 9 10 HIGH

7. Unhealthy reactions

8. Healthy reactions

9. Mindfulness and acceptance skills I have practiced

The Anxiety Solution

10. Visualizations I have used

11. Alternative skills I can use

12. Cognitive behavioral exercises I used to manage anxiety

13. Costs and benefits of my anxieties

14. Goal for managing my anxiety
