

Handout 2.7: Weekly Anxiety Record

Check off the practices you used this week and explain each checked item below.

- Mindfulness practices
- Challenging negative thoughts and cognitive distortions
- Thought logs
- Visualizations
- Cognitive defusion
- Eradicating the ANTS
- Experimental technique
- Downward arrow technique
- The "What if?" technique
- The feared fantasy technique
- Analysis of pros and cons/costs vs. benefits
- Flooding
- Gradual exposure
- Systematic desensitization
- Metaphors I have used to alleviate stress
- Using books and worksheets

In the space below, explain each checked item.
