
Understanding Your Anxiety

Mental health management includes deepening your understanding of your anxiety. It can be helpful to identify and track the unique form your anxiety takes. How does your mind and body respond to stress and change?

Use the following activity to log how anxiety currently manifests in your life. Notice if the symptoms and their intensity shift over time. Where do you notice a brief uptick or downturn in mood and comfort?

SITUATION

Example: Woke up feeling anxious; fought with a friend

BODY

Example: Stomach twists, muscle tension and spasming, chills and fidgeting

BRAIN FUNCTION & THINKING

Example: Increased forgetfulness, assuming the worst, struggling to make a decision and stick with it.

EMOTION

What are the most frequent emotions? Where are they located in your body? Describe the sensations. Use the Feelings Wheel from the appendices in your notebook.

Example:

Terror

1 2 3 4 5 6 7 8 9 10

Speechless

1 2 3 4 5 6 7 8 9 10

BEHAVIOR

Example: Stop responding to texts. Alternate between doing what I'm supposed to do, and slamming things down and stomping. Shut off my phone and pick it back up immediately.

Adapted from CBT Thought Log such as <https://www.therapistaid.com/therapy-worksheet/thought-record>
