

Anxiety Record

We can feel vulnerable when asked to share what is making us anxious.

And yet, it is crucial that we understand what is causing our anxiety and learn appropriate coping skills.

Use the form below to capture anxieties, triggers, and their effect.

Describe your anxiety.	
When do you feel anxious?	
What thoughts are you having before or during feeling anxious?	
Do you think these thoughts are realistic?	
What thoughts could you replace them with?	
Are these thoughts more realistic?	
What do you think you could do to gain more control of the situation?	

Sometimes even the act of writing down our anxieties can reduce them.

Try some relaxed breathing and revisit the questions to see if your answers change.

The box breathing technique may help:

1. Slowly (without forcing) exhale through your mouth for a count of 4
2. Hold for a count of 4
3. Inhale slowly to the count of 4
4. Hold for a count of 4

Repeat each of the above steps for five minutes

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