

Diary 1

Anxiety record

Note down all the occasions when you experience anxiety. Note this immediately after they happen or, if this is not possible, at the end of the day. *Do not leave it more than one day.* Rate your anxiety on the following scale.

0	1	2	3	4	5	6	7	8	9	10
No anxiety really calm				Moderate anxiety			Absolute panic worst possible			

Record what brought on the anxiety (in terms of thoughts or fantasies, or specific events or situations) and what you did in response. Then re-rate your level of anxiety.

Date, time	Describe the occasion when you experienced the anxiety	Rating (0-10)	What brought about the anxiety- thoughts, events	What did you do?	Rating now (0-10)