

Diary 2

Daily Thought Record

Note 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		

Then record what went through your mind when you felt anxious. After you have done this, think how you now might respond to your worrying thoughts in a rational, but no critical way. Then re-rate your anxiety level.

Date, time rating (0-10)	Situation what were you doing?	Immediate thoughts: what exactly were your thoughts	Rational response: what were your rational answers to the thoughts	Rating now (0-10)
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