

Journal Prompts for Anxiety:

Identifying Triggers & Understanding Anxiety

1. What are the situations or thoughts that most commonly trigger my anxiety?
2. When I start feeling anxious, what physical sensations do I notice in my body?
3. What past experiences have contributed to my current anxiety? How can I learn from them?
4. How do I typically respond to anxiety, and are there healthier ways I can react?
5. What thoughts or beliefs do I have that make my anxiety worse?

Coping Strategies & Self-Soothing

6. What coping techniques have I tried in the past to manage anxiety? Which ones worked best for me?
7. When I'm feeling anxious, what activities or actions help calm my mind and body?
8. What is one small step I can take today to reduce my anxiety?
9. How can I create a calming routine for myself when I feel overwhelmed by anxiety?
10. What are some soothing affirmations or self-talk phrases that help ease my anxiety?

Challenging Anxiety & Reframing Thoughts

11. What is the worst-case scenario I fear when I'm anxious, and how likely is it to happen?
12. How can I challenge the thoughts that make me feel anxious? What evidence do I have that contradicts those thoughts?
13. How can I practice staying in the present moment when I'm feeling anxious?
14. What are some positive, rational thoughts I can use to counteract anxious thinking?
15. When anxiety clouds my judgment, how can I remind myself to trust in my ability to cope?

Self-Compassion & Growth

16. How can I be kinder to myself when I'm feeling anxious? What would I say to a friend in the same situation?
17. What have I learned about myself through my experiences with anxiety?
18. How can I use my anxiety to motivate positive change or growth in my life?
19. What is one thing I can do today to step outside my comfort zone, despite my anxiety?
20. How can I celebrate my progress in managing anxiety, even if it feels small?