

Journaling Prompts for Anxiety

1. What am I afraid will happen? What's the evidence for and against that outcome?
2. What physical sensations tell me I'm anxious? Can I name them without judgment?
3. What would I say to a friend who was feeling the way I am right now?
4. What situations trigger my anxiety most often? Is there a pattern?
5. What parts of the situation are in my control, and what are not?
6. What's the worst-case scenario? What's the best? What's most likely?
7. What safety behaviors do I use, and do they actually help long term?
8. If I could press pause on this anxious thought, what would I notice in my body and environment?