

WORRY LOG

Sometimes, we have numerous things that we worry about. Sometimes, it's just one or two things, but we think about them a LOT. Some worries don't bother us too much, and other worries bring up really strong feelings of anxiety. One of the ways that you can start dealing with worries is to identify what they are. Remember that worries are thoughts, while anxiety is a feeling. Once you identify your worry thoughts, you can decide if it's something that warrants your concern, and if so, you can make a plan to address the concern.

For the next week, keep track of the worries that you have. Write down at least two worries that you have each day, whether they are big or small. For each worry, rate how much anxiety the worry causes you using the following scale:

1	2	3	4	5	6	7	8	9	10
Not anxious at all			Somewhat anxious			Very anxious			Extremely anxious

Remember: Worries are thoughts, whereas anxiety involves physical and emotional feelings!

DAY 1:	Worry 1:	Anxiety Rating:
	Worry 2:	Anxiety Rating:
DAY 2:	Worry 1:	Anxiety Rating:
	Worry 2:	Anxiety Rating:
DAY 3:	Worry 1:	Anxiety Rating:
	Worry 2:	Anxiety Rating:

DAY 4:	Worry 1:	Anxiety Rating:
	Worry 2:	Anxiety Rating:
DAY 5:	Worry 1:	Anxiety Rating:
	Worry 2:	Anxiety Rating:
DAY 6:	Worry 1:	Anxiety Rating:
	Worry 2:	Anxiety Rating:
DAY 7:	Worry 1:	Anxiety Rating:
	Worry 2:	Anxiety Rating: