

**\*You have the right to express your feelings. Do NOT feel guilty for it. IT'S NORMAL**

### Worry/Stress Log

Date: \_\_\_\_\_ Time Begin: \_\_\_\_\_ Time Ended: \_\_\_\_\_

Maximum Intensity of Worry/Stress (1-10): \_\_\_\_\_ (10 Being the Highest)

What were you doing before the worry/stress began? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What caused the worry/stress? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What thoughts and images are part of the worry/stress? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How strongly do you believe the worry/stress content (0-100%)?

During the worry/stress: \_\_\_\_\_ After the worry has ended: \_\_\_\_\_

Has the worry/stress intensity decreased? Yes No

If no, can it be changed now? Yes No

What physical sensations accompany the worry? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What does the worry/stress lead you to do, or avoid? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are you doing to help yourself with the worry? \_\_\_\_\_

\_\_\_\_\_

Can you speak to someone to help you decrease/end the worry/stress? Yes No

Verbally express out loud positive phrases to counteract your worry/stress. (5-10Times)

Did talking/writing about your worry/stress help? Yes No

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**\*Allow yourself to grow from this experience and use your positive techniques to combat future negativity.**