

Worry Log

Write the worry now. Fill in what really happened later.

WHEN	THE WORRY	O TO 10	WHAT I FEARED	WHAT REALLY HAPPENED	COMPARED WITH MY FEAR
					Better Same Worse
					Better Same Worse
					Better Same Worse
					Better Same Worse
					Better Same Worse
					Better Same Worse

Worry Time Planner

My worry time _____ How long _____ Where _____

- 1. When a worry shows up outside worry time, notice it and write it down in a few words.
- 2. Tell it "later," and bring your attention back to what you were doing.
- 3. At worry time, read through the list. Some worries will already feel smaller.
- 4. For each one, ask: is there something I can do about this? If so, plan one small step.
- 5. If not, notice that you cannot solve it right now, and let it be.
- 6. When the time is up, stop, even if you are not finished, and do something that needs your attention.

WORRIES SAVED FOR LATER

Fear Ladder

Hardest at the top. Start at the bottom. 0 is no distress, 100 is the most you can imagine.

My goal

8

/ 100

7

/ 100

6

/ 100

5

/ 100

4

/ 100

3

/ 100

2

/ 100

1

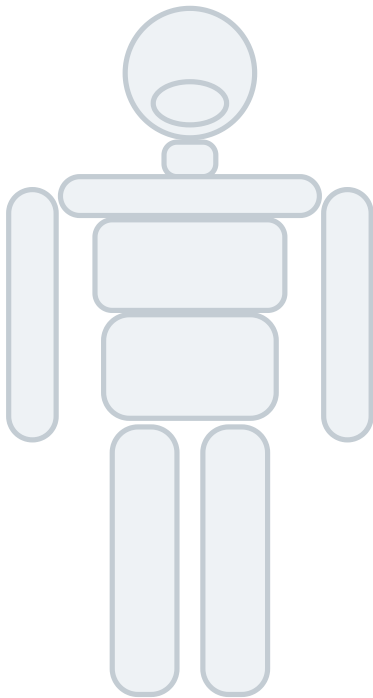
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Practice log

STEP	WHEN	BEFORE	HIGHEST	AFTER	WHAT I NOTICED OR LEARNED

My Body When I'm Anxious

Color where you feel it. Tick what you notice.



HEAD

- ☐ Headache or pressure
- ☐ Dizzy or light-headed
- ☐ Foggy, hard to think

FACE OR JAW

- ☐ Clenched jaw
- ☐ Dry mouth
- ☐ Hot or flushed face

THROAT

- ☐ Lump in my throat
- ☐ Hard to swallow

SHOULDERS

- ☐ Tight neck or shoulders

CHEST OR HEART

- ☐ Heart racing or pounding
- ☐ Tight chest
- ☐ Fast or shallow breathing

STOMACH

- ☐ Butterflies
- ☐ Nausea or upset stomach
- ☐ Need the bathroom

ARMS OR HANDS

- ☐ Sweaty hands
- ☐ Shaky or trembling
- ☐ Tingling or numb
- ☐ Cold hands

LEGS OR FEET

- ☐ Restless, cannot sit still
- ☐ Weak or wobbly legs

The first thing I usually notice _____

At its strongest, from 0 to 10 _____ Other things I notice _____

What helps my body calm down

- ☐ Slow breathing, longer out than in
- ☐ A walk, or moving my body
- ☐ Holding something comforting
- ☐ Talking to someone
- ☐ Cold water on my hands or face
- ☐ Tensing and relaxing my muscles
- ☐ Naming five things I can see
- ☐ Something else: _____

Coping Cards

Write them while you are calm. Cut along the dashed lines and keep one with you.

WHEN I NOTICE...

I CAN REMIND MYSELF...

I CAN...

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I CAN...

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WHEN I NOTICE...

I CAN REMIND MYSELF...

I CAN...

Ideas: This feeling is uncomfortable, not dangerous. I have gotten through this before. Anxiety rises and falls. This will pass. Breathe in for 4 and out for 6, five times. Name five things I can see. Splash cold water on my face.