# Worry log

Catch worries as they show up, then look for patterns

| Date and time | Trigger | The worry (what if...) | Anxiety (0 to 10) | Can I act on it? (yes or no) | What I did |
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**Patterns I notice (times, places, topics)**

Name _____

Date _____

# Fear ladder

Plan exposure steps from easier to harder with your clinician

**What I am working toward, and why it matters to me**

Start at the bottom rung and work up. Aim for steps that feel doable but uncomfortable. Rate expected distress from 0 (none) to 100 (the most ever).

| | | |
|---|---|---|
| 10 | Distress (0 to 100) | Situation or action |
| 9 | Distress (0 to 100) | Situation or action |
| 8 | Distress (0 to 100) | Situation or action |
| 7 | Distress (0 to 100) | Situation or action |
| 6 | Distress (0 to 100) | Situation or action |
| 5 | Distress (0 to 100) | Situation or action |
| 4 | Distress (0 to 100) | Situation or action |
| 3 | Distress (0 to 100) | Situation or action |
| 2 | Distress (0 to 100) | Situation or action |
| 1 | Distress (0 to 100) | Situation or action |

Name _____ Date _____

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## Anxiety Worksheets for Therapists

Fillable PDF, 20 pages: worry log, worry time, fear ladder, exposure practice log, grounding, coping cards and a weekly anxiety tracker

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