My Anxiety Journal Prompts

Pick one or two prompts. Write for 10 to 15 minutes, then close the page.

Name: _____ **Date:** _____

Anxiety before writing (0 to 10):	0	1	2	3	4	5	6	7	8	9	10
Anxiety after writing (0 to 10):	0	1	2	3	4	5	6	7	8	9	10

1 Name it — When I feel flooded

- [ ] Right now I feel... (up to three feelings, each 0 to 10)
- [ ] Where do I feel it in my body, and what does it feel like?
- [ ] What happened in the hour before this started?
- [ ] My worry in one sentence is...

2 Untangle one worry — When a thought keeps looping

- [ ] What exactly am I afraid will happen? Worst, best, most likely?
- [ ] Evidence it will happen, and evidence it may not
- [ ] What would I say to a close friend with this worry?
- [ ] If it did happen, how would I cope? Who would help?

3 What I can control — When it feels too big

- [ ] What can I control, what can I influence, what is outside my control?
- [ ] Is this a problem I can act on now, or a what if?
- [ ] One small step on the part I control, and when I will take it
- [ ] What am I doing to feel certain, and is it helping?

4 Before a stressful event — Test, interview, appointment, hard talk

- [ ] For 10 minutes: everything I think and feel about it
- [ ] What have I done to prepare, and one thing I can still do
- [ ] What does good enough look like, not perfect?
- [ ] What will I do right after it, to look after myself?

5 At bedtime — When my mind will not switch off

- [ ] A specific to-do list for tomorrow and the next few days
- [ ] Which worry can wait until my worry time tomorrow?
- [ ] One thing I handled today, even a small one
- [ ] What would help my body wind down for 20 minutes?

6 Be kind to myself — When the inner critic is loud

- [ ] What is my inner critic saying, and what would a kind friend say?
- [ ] Feeling anxious is human, not a failure. What do I need now?
- [ ] One thing that went better than I feared this week
- [ ] One moment today when I felt calm, even for a minute

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My Worry Journal Page

One worry per page. Name it, check it, sort it, take one small step.

Name: _____ **Date:** _____

1 The worry In one sentence, as specific as I can

My worry: _____

How anxious I feel now (0 to 10): 0 1 2 3 4 5 6 7 8 9 10

2 What I am afraid will happen Then the full range, not just the worst

I am afraid that: _____

Worst outcome: _____

Best outcome: _____

Most likely outcome: _____

3 Check the evidence Facts I could show someone, not feelings

Evidence it will happen	Evidence it may not happen

4 Sort what I can control Act on the left. Practice letting go of the right

I can control or influence	Outside my control

5 Next step, kind words, re-rate Close the page on purpose when I am done

My next small step: _____

When and where: _____

Something kind I can tell myself: _____

How anxious I feel now (0 to 10): 0 1 2 3 4 5 6 7 8 9 10

Good to know

1. Keep it to 10 to 15 minutes. Writing the same fear again and again, or using the page for reassurance, can feed worry.
2. If writing brings up overwhelming memories or anxiety stays high for weeks, talk to a doctor or therapist.

In the US: call or text 988 in a crisis. In immediate danger, call 911.

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