

# Anxiety Diary

Understand your anxiety triggers and responses

<b>1. Situation</b> (when, where, who)	<b>2. Trigger</b> (what occurred just before the anxiety)	<b>3. Physical symptoms</b>	<b>4. Reaction</b> (what did I do?)
		<b>3a. Emotions</b> (Rate the intensity from 1 to 10)	<b>4a. Emotions after reacting</b> (Rate the intensity from 1 to 10)

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