

Anxiety Trigger Tracker

Month:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Day:

Time:

What made you feel anxious and/or worried

How do you feel when you're anxious?

What can you do to distract yourself right now?

What can you do to make the situation get better?