

## Anxiety monitoring form

This monitoring form will help you better understand patterns in your anxiety.

<b>Situation</b> Who were you with? What were you doing? Where were you? When did it happen?	<b>Thoughts</b> What were you thinking? Were any images going through your mind?	<b>Emotions</b> Which emotions were you feeling? How strong were those emotions (from 0 to 10)?	<b>Bodily sensations</b> What bodily sensations were you feeling? How strong were those sensations (from 0 to 10)?	<b>Behaviours</b> What did you do? How did you react? How did you cope?