Worry diary

A week of tracking what you worry about, and what actually happens.

Name _____ Date _____

Fill in the first three columns when you catch yourself worrying. Come back later to fill in the last one.

Date	What I was worried about	How anxious (0 to 10)	What actually happened

At the end of the week: how many of my worries came true? When they did, how did I cope?

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This handout supports your therapy. It does not replace professional advice.