

Anxiety thought record

Use this sheet to record specific events in which you experienced anxious thoughts, feelings, or responses, and explore an alternative and different perspective. Considering more self-compassionate responses can help you develop a more compassionate mindset.

Situation/ trigger	Emotions and body responses	Anxious thoughts	Behavioural response
<p><i>Describe what happened and what were you doing, who were you with, where and when did it happen?</i></p>	<p><i>How did you feel and what body responses did you notice? Rate the intensity of emotions and body responses on a scale 1 - 100.</i></p>	<p><i>What thought, image, or image popped into your mind? What does that thought mean to you?</i></p>	<p><i>What did you do in response to this situation? How did you cope with this situation?</i></p>