



# Journaling for Anxiety

How am I feeling today?

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What has been causing me to feel this way?

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Why does this trigger negative emotion?

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What about this situation can I control?

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What part of this situation do I not have control over?

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How can I best cope with the parts I do not have control over?

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3 things I can do today to increase my happiness:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

If a loved one were feeling this way right now, what would I say to them?

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Who always makes me feel my best?

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What could this time be trying to teach me?

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*A grateful heart is a  
magnet for miracles*



6 things I am grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

What activities help me to feel my best?

\_\_\_\_\_

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\_\_\_\_\_

What does my perfect day look like? (Get specific! What time do you wake up? What's your vibe? What are you wearing? What do you make time for? Who are you going to coffee with?...)

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