DePungle Practice
COUNSELLING & PSYCHOTHERAPY
Leaving people better than they came.

DAILY REFLECTION

My Anxiety Log

A few minutes with this each day builds a picture of what sets anxiety off, what it does to your body, and what genuinely helps.

Anxiety is information, not instruction.

Date _____ **Time of day** _____

1 What am I anxious about?

Write it plainly, even if it sounds small. Naming it takes some of its charge away.

_____

_____

2 How strong does it feel?

Circle the number that fits right now.

1	2	3	4	5	6	7	8	9	10

Barely there — As bad as it gets

How long have I felt this way?

- ☐ Minutes
- ☐ A few hours
- ☐ Most of today
- ☐ Several days
- ☐ Weeks or more
- ☐ Other: _____

3 Where do I notice it in my body?

Anxiety is physical before it is a thought. Where does yours sit?

- ☐ Chest (tight, racing)
- ☐ Stomach (churning)
- ☐ Head (pressure, fog)
- ☐ Shoulders or jaw (clenched)
- ☐ Breathing (shallow, fast)
- ☐ Hands (shaky, restless)
- ☐ Legs (heavy or jittery)
- ☐ Sleep (broken, wired)
- ☐ Other: _____

4 What is the thought going round?

Then, underneath: what would I say to a friend who told me this?

The thought	What I would say to a friend

5 What might help right now?

- ☐ Slow my breathing out
- ☐ Step outside
- ☐ Move my body
- ☐ Message someone
- ☐ Put it in writing
- ☐ Drink some water
- ☐ Take a proper break
- ☐ Do one small task
- ☐ Other: _____

6 One small thing I will do next

Small and doable beats ambitious and abandoned.

_____

_____

"You do not have to feel calm to take the next step."

For personal reflection. Not a substitute for therapy or medical care. If you are struggling to cope, speak to your GP, or call the Samaritans free on 116 123, at any hour.