

The Anxiety Journal page

Get it out of the loop and onto the page.

A worry circling in your head feels enormous because it never has to finish a sentence. Writing forces it to. Use one page per moment — not to fix the feeling, but to see it clearly enough to tell **signal** (a real problem asking for a plan) from **noise** (weather passing through).

Date: _____ **What's happening:**

What my body is doing

- | | |
|--|---|
| ☐ Tight chest or shallow breath | ☐ Restless / can't sit still |
| ☐ Racing heart | ☐ Tense jaw or shoulders |
| ☐ Knotted stomach | ☐ Other: _____ |

The thought, written down

What I'm telling myself:

Evidence it's true:

Evidence it isn't (or isn't the whole story):

A fairer way to say it:

Worry triage

IN MY CONTROL → one small next step

NOT IN MY CONTROL → name it, let it be weather

A journal is a deck log, not a lifeboat. It helps you see patterns; it is not therapy. If the same storm fills page after page, or it's getting harder to function, that's data — worth a conversation with a professional. The cost of checking is an hour.