

Anxiety Diary

Each day write down whether or not you experienced anxiety symptoms. Write down your symptoms and rate them using the scale in the chart below. Next, write down how you responded. Lastly, write down the outcome.

Date/day of the week	Did you have anxiety or a panic attack today?	Note any symptoms you experienced	Rate symptoms 0=none 1=mild 2=moderate 3=severe	What did you do in response?	Outcome
	No ____ Yes ____				
	No ____ Yes ____				
	No ____ Yes ____				
	No ____ Yes ____				
	No ____ Yes ____				
	No ____ Yes ____				
	No ____ Yes ____				
	No ____ Yes ____				

Sharing your records with your health care provider can help with treatment. You may also find the outcome becoming more positive and the periods of anxiety becoming less frequent and severe as you learn new ways to respond to your anxiety.