

Anxiety Trigger Log

What happened, what you felt, and what actually helped afterwards.

This is a self-awareness worksheet, not a medical tool or a diagnosis. If anxiety is affecting your daily life, take this page to a doctor or therapist – filled in, it is genuinely useful information for them.

Log

DATE & TIME	WHAT WAS HAPPENING	PHYSICAL SIGNS	INTENSITY /10	WHAT HELPED

Patterns I am noticing

Things that reliably help me

- ☐ Slow breathing
- ☐ Going outside
- ☐ Movement
- ☐ Talking to someone
- ☐ Writing it down
- ☐ Cold water
- ☐ Reducing caffeine
- ☐ Leaving the situation