

# Anxiety Self-Monitoring Record

<b>Situation</b> Who were you with? What were you doing? Where were you? When did it happen?	<b>Emotions &amp; body sensations</b> What did you feel? (Rate intensity 0–100%)	<b>Anxious thoughts</b> What were you predicting would happen? (Rate degree of belief 0–100%)	<b>Coping responses</b> How did you cope with what you were feeling? What precautions did you take?
<p>Record the date &amp; time of each event</p>			