Tracking Your Fears & Anxiety

The first step to overcoming your fears and worries is to keep track of the intensity of your feelings and how you handle them. Use this form to keep track of your feelings for at least two weeks. Rate the intensity of your anxiety and your urge to avoid what is causing your anxiety using a scale from 1 to 100, with 1=no anxiety and 100=overwhelming anxiety.

Date	Time	Situation	Intensity of Anxiety	Urge To Avoid	Did you Avoid? (Yes/No)

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