

ANXIETY MANAGEMENT PROGRESS

Week Of: _____

Goal: _____

DAY	ANXIETY (1-10)	PRIMARY TRIGGER	COPING TOOL USED
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Scale: 1 = Calm / 10 = Severe Distress

WEEKLY REFLECTIONS & BREAKTHROUGHS

FOCUS FOR NEXT WEEK