



Worry Journal

Today's Date: _____

Use this Worry Journal to help reduce anxiety and stress about the concerns you had today. Instead of endlessly repeating that list in your head, turn on a dim light and write down your thoughts. For each section below, jot down what you are worried about and a few potential solutions to that particular problem.

Tip: adding details like what time you will deal with the issue tomorrow can help ease your mind.

I need to remember to take care of...

ISSUE:

1 _____

2 _____

3 _____

4 _____

SOLUTIONS:

1 _____

2 _____

3 _____

1 _____

2 _____

3 _____

1 _____

2 _____

3 _____

I cannot forget to...

ISSUE:

1 _____

2 _____

3 _____

4 _____

SOLUTIONS:

1 _____

2 _____

3 _____

1 _____

2 _____

3 _____

1 _____

2 _____

3 _____

I am worried about...

ISSUE:

1 _____

2 _____

3 _____

4 _____

SOLUTIONS:

1 _____

2 _____

3 _____

1 _____

2 _____

3 _____

1 _____

2 _____

3 _____
