

Anxiety Tracker Or Anxiety Journal

● NO BLEED ● 9.5x11" ● 300 DIP

ANXIETY JOURNAL

Day: _____ Date: _____

| | | | | | |
|--------|---|---|---|---|---|
| Score: | 1 | 2 | 3 | 4 | 5 |
| Score: | 1 | 2 | 3 | 4 | 5 |
| Score: | 1 | 2 | 3 | 4 | 5 |

Notes:

NEGATIVE EVENTS

| Response | Event |
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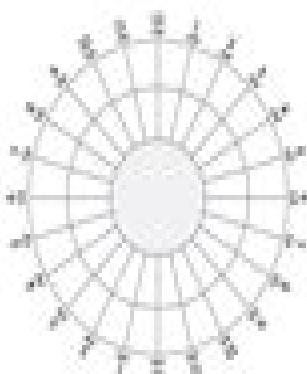
What triggers:

- Work
- School
- Home
- Friends
- Family
- Health
- Money
- Work
- Health
- Friends
- Family
- Work
- School
- Home
- Friends
- Family
- Health
- Money

Day Rating:

| | | | | |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

WHEEL OF LIFE



Day: _____ Date: _____

My triggers: Work School Home Friends Family Health Money

What exactly triggers you and how can you avoid these situations?

| | |
|-----------------------|---------------------|
| What you can do when: | What you cannot do: |
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Anxiety Coping Techniques:

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My Positive Symptoms:

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My Negative:

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Anxiety Relief Today Open Now

Lingjun Ying

Anxiety Relief Today Open Now:

The Listening Cure Chris Gilbert,Chris Gilbert, MD,2017-09-26 This book is about new and effective ways to address disease that aren't commonly used by our physicians Dr Chris Gilbert demonstrates that our bodies speak to us all the time Through symptoms such as fatigue joint pain abdominal pain anxiety depression and other symptoms our bodies let us know that we have a problem and that we need to solve it Dr Gilbert assisted by Dr Haseltine shows that by using her giving the body a voice technique sufferers can discover what the symptoms mean and how to fix the often hidden reasons for their health problems Each chapter reveals a different way of identifying underlying issues These original simple and fun techniques include role playing inner group therapy dream interpretation art interpretation nature walks and even conversations with death The Listening Cure covers a range of common afflictions from obesity to back pain and devotes a full chapter to resolving sexual problems in relationships By listening to what our bodies have to say Dr Gilbert shows how to achieve long term deep cures versus temporary superficial fixes Her secrets will become your secrets

Dimensional Reduction Escapee Containment Protocol Jose Tenggren,2000-08-16 The latest chapters of the novel Mortal World Immortal Heroes Volumes 1 4 Introduction of characters in this book

Facing Feelings: Inside the World of Raina Telgemeier

Raina Telgemeier,2025-10-21 Spend an afternoon with Raina as she shares her artwork and tells stories about a range of topics spanning from her childhood to the creation of her graphic novels Smile Sisters Guts Drama and Ghosts Raina Telgemeier is the 1 New York Times bestselling multiple Eisner Award winning cartoonist who has been at the forefront of today's middle grade graphic novel boom and has published several beloved books that are widely regarded as modern classics The idea to create FacingFeelings was born from an exhibition featuring Raina's work that was shown at The Ohio State University's Billy Ireland Cartoon Library Museum This book explores how Raina developed into a legendary cartoonist looks at the artists who influenced her work and considers why her art resonates so strongly with readers of all ages Rare artwork an interview special commentary from Raina and more are included

The Anxiety Cure Robert L.

DuPont,Elizabeth DuPont Spencer,Caroline M. DuPont,1998-07-13 This book offers an eight step practical program for fast and long lasting relief of anxiety symptoms

Agoraphobia J. Christopher Clarke,Wayne Wardman,1985 **The Jewish Homemaker** ,2000 Australian Family Physician ,2007 Health Teaching in Secondary Schools Carl E. Willgoose,1982

Longman Dictionary of Psychology and Psychiatry Robert M. Goldenson,1984 Summary 21 164 entries to the vocabulary of psychiatry and psychology Intended to present comprehensive coverage of these 2 fields emphasize current terms while retaining older terms of historical value and giving as much information as possible in definitions along with examples Includes categories set up by DSM III biographical entries and many related terms from neurology physiology and medicine Appendixes consist of DSM III classification test entries therapy entries and entries from related fields

Best's Review ,1995 **Medical Doctor** ,1991 **Psychosomatic Aspects of Paediatrics** Society for Psychosomatic

Research,1961 **Collier's** ,1950-07 **Understanding Modern Medical Practice** ,1981 **The Deseret Weekly**
,1893 Drug Topics ,1954 Conditions of Nervous Anxiety and Their Treatment Wilhelm Stekel,1923 *Behavior*
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