

# Journal prompts

to help you work through anxiety



# What are my anxious thoughts telling me?

Write down the thoughts that often arise when you feel anxious. Explore the underlying beliefs and assumptions driving those thoughts.

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# What physical sensations do I experience when I'm anxious?

Describe the physical sensations and symptoms you notice during anxious moments. Pay attention to your body and how anxiety manifests for you, as it's different for everyone.

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# What are some situations or triggers that heighten my anxiety?

Reflect on specific situations, places, or people that tend to trigger your anxiety. Identify any patterns or common themes.

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# What coping strategies have been effective in managing my anxiety?

Recall times when you successfully managed your anxiety in the past. Write down the coping strategies, techniques, or self-care practices that have previously worked for you.

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# How can I challenge my anxious thoughts or beliefs?

Explore ways that you can challenge and reframe your anxious thoughts or beliefs. Divide your page in half and write down an anxious thought on one side of the page. Then, on the other half, write down an alternative, more balanced perspective in response to the anxious thought. Repeat this for any anxious thoughts that come to mind.

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# What self-care activities bring me a sense of calm or relaxation?

List self-care activities that have a soothing effect on your anxiety. Consider activities that calm you, like deep breathing exercises, hobbies, or time in nature.

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# What healthy boundaries can I establish to manage my anxiety?

Reflect on areas in your life where setting boundaries could help manage your anxiety. Write down specific boundaries you can set with others or even with yourself.

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