

Worry Tracking Journal

A guided journal to help you track, understand, and manage daily worries.

How to Use This Journal:

This journal is designed to help you develop awareness of your worries and identify patterns and coping strategies. Each page invites you to reflect on what triggered your worry, how it affected you, and what you can do next time. Use it once a day or as needed.

Worry Tracker

1. What am I worried about?

2. When did I start worrying about this?

3. What triggered the worry? (Event, thought, memory, etc.)

4. How strong is the worry? (1–10 scale)

5. What thoughts are going through my mind?

6. What am I feeling in my body?

7. What did I do in response to the worry?

8. Did the worry come true? If not, what happened?

9. What would I say to a friend feeling this way?

10. What can I try next time I feel this way?
