

# Anxiety documentation form

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Event: \_\_\_\_\_

Time: \_\_\_\_\_

Emotion	Before	After
Anxious / Worried	%	%
Sad / Depressed	%	%
Embarrassed / Ashamed	%	%
Inferior / Incompetent	%	%
Angry / Irritated	%	%
Frustrated / Defeated	%	%
Panicky / Scared	%	%
Other:	%	%

## Instructions

Use this form to log feelings related to your anxiety. Record the percentage strength of your convictions in the Before, After and Belief sections. Categorise the Distortions you are experiencing by number using the Distortions Key. Share your results with your doctor to help outline further improvement. Speak to your prescribing doctor for further information and support.

## Distortion Key

- |                         |                                  |
|-------------------------|----------------------------------|
| 1 Dichotomous Thinking  | 6 Arbitrary Inference            |
| 2 Overgeneralisation    | 7 Catastrophizing                |
| 3 Personalisation       | 8 Emotional Reasoning            |
| 4 Selective Abstraction | 9 Blame                          |
| 5 Labelling             | 10 Magnification or Minimisation |

Negative thoughts	Before	After	Distortions	Positive Thoughts	Belief
	%	%			%
	%	%			%
	%	%			%
	%	%			%
	%	%			%
	%	%			%
	%	%			%
	%	%			%