Anxiety Detective Monitoring Sheet

Become a Detective of Your Own Anxiety!

You're on a mission to uncover the secrets of your anxiety. When you start to notice patterns like where, when, and how it shows up, you can be more prepared and feel more in control. Use this sheet to keep track like a real detective!

How to Use This Sheet

Each time you feel anxious, jot down what's happening. Over time, you'll notice patterns. That knowledge is your secret weapon!

My Anxiety Clues

Date	Time	Where I Was	What Was Happening	How I Felt (1–10)	What Helped (or What I Tried)

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Tip: Noticing patterns helps you get ahead of your anxiety. The more you understand it, the more you can beat it at its own game!

Things I noticed about my anxiety: