

Anxiety

30 JOURNAL PROMPTS FOR ANXIETY

NAME _____ DATE _____

- 1 Name one worry that is taking up room in your mind right now, in a single plain sentence.
- 2 List five things you can see from where you are sitting, then one thing you can hear.
- 3 Where in your body do you feel anxious today: your chest, your stomach, your shoulders, your jaw? Describe it in a few words.
- 4 On a scale from one to ten, how loud is your worry this morning, and what number would feel livable today?
- 5 Write down three small tasks you could finish in the next hour, even ones as simple as filling a water glass.
- 6 What is one sound, smell or texture that tends to steady you when your thoughts start racing?
- 7 Pause and notice your breathing for a moment. How would you describe it right now, without trying to change it?
- 8 Write today's biggest worry and the date beside it, so you can look back later and see how it changed.
- 9 What is one kind sentence you could say to yourself the next time an anxious moment arrives?
- 10 Name one person, place or object that feels steady to you today, and write a line about why.
- 11 What is one thing you handled today even though you felt anxious while doing it?
- 12 Before sleep, write down whatever worries are still in your head so they can rest on the page until morning.
- 13 If a test, presentation or class is on your mind, what is one thing you have already done to prepare?

- 14 Draw two columns: what you can control about this worry and what you cannot. Fill in both sides as honestly as you can.
- 15 What is the worst outcome your mind keeps showing you, and what is a more likely outcome if you picture an ordinary day?
- 16 Think of a time a worry did not come true. What happened instead, and how did you get through the waiting?
- 17 What do you tend to do with your hands, your phone or your meals when you feel anxious? Write about it without judging yourself.
- 18 When your anxiety rises, what does it seem to want you to do: check, avoid, fix or ask for reassurance?
- 19 What times of day, places or kinds of conversations tend to stir up your worry the most?
- 20 If a friend told you about the worry you are carrying today, what would you say to them? Now write those words to yourself.
- 21 What is one step toward something you have been avoiding, a step so small it feels almost silly?
- 22 Describe a place where your body feels more at ease. What do you notice there with each of your senses?
- 23 Which of your worries are about right now, and which are about something that might happen weeks or months from now?
- 24 What helped, even a little, the last time you had an anxious day? What did not help?
- 25 Who could you tell about this worry, and what would you most want them to understand?
- 26 What happens on mornings when anxiety wakes up before you do, and what could you change about your first ten minutes?
- 27 How does anxiety show up in your workday or school day, and where could you build in one short pause for yourself?
- 28 Write a letter to your anxiety. Tell it what you have noticed about it, what you are tired of, and what you think it might be trying to protect.

29 When do you remember first feeling this kind of worry? Write about who you were then and what you needed.

30 Which of your worries are really about wanting to keep someone you love safe? Write about the love underneath the fear.