Stress and Anxiety Tracking Journal

Client Name: _____ Week of _____

Instructions: The goal of this journal is to learn to identify signs of stress and anxiety. This allows us to learn to manage it more accurately. On a daily basis place a check mark next to each symptom you experienced that day. Do not omit any even if you think they are not stress related. Bring this sheet to session with you weekly.

Symptom	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Headaches							
Backaches							
Tight Muscles							
Neck and Shoulder Pain							
Jaw Tension							
Muscle Cramps/spasms Nervous							
Stomach							
Other Pain							
Nausea							
Insomnia (sleeping poorly)							
Fatigue, lack of energy							
Cold hands and/or feet							
Tightness or pressure in the head							
High blood pressure							
Diarrhea							
Skin Conditions							
Allergies							
Teeth Grinding							
Digestive upset							
Heart beats rapidly or pounds, even at rest							
Stomach pain or ulcers							
Constipation							
Hypoglycemia							
Appetite Changes							
Colds							
Profuse perspiration							
Overeating							
Weight Changes							
Use of alcohol, cigarettes or drugs							
Total Body Symptoms							

Adapted from The Anxiety & Phobia Workbook 3rd edition by Edmund J. Bourne, Ph.D.

AnxietyDepressionConfusion or spacinessIrrational fearsCompulsive behaviorForgetfulnessFeeling "overloaded" or "overwhelmed"HyperactivityMood swings							
Confusion or spaciness Irrational fears Compulsive behavior Forgetfulness Feeling "overloaded" or "overwhelmed" Hyperactivity							
spaciness Irrational fears Compulsive behavior Forgetfulness Feeling "overloaded" or "overwhelmed" Hyperactivity							
Irrational fears Compulsive behavior Forgetfulness Feeling "overloaded" or "overwhelmed" Hyperactivity							
Compulsive behavior Forgetfulness Feeling "overloaded" or "overwhelmed" Hyperactivity			۱ ۱				
behavior Forgetfulness Feeling "overloaded" or "overwhelmed" Hyperactivity							
Forgetfulness Feeling "overloaded" or "overwhelmed" Hyperactivity							
Feeling "overloaded" or "overwhelmed" Hyperactivity							
"overloaded" or "overwhelmed" Hyperactivity							
Hyperactivity							
Mood swings							
-							
Loneliness							
Problems with							
relationships							
Dissatisfied or unhappy with							
work							
Difficulty							
concentrating							
Frequent irritability							
Restlessness							
Frequent							
boredom							
Frequent							
worrying or obsession							
Frequent Guilt							
Temper flare-							
up							
Crying spell							
Apathy							
Sexual							
Problems							
subtotal Body Symptoms Page 1							
Tatal Iters							
Total Items							
			0.7.	0.7	0.7	0.7	0.7.
0-7	7 Low 14 Moderate	0-7 Low 8-14 Moderate					
Rating 15-		15-21 High					
	+ Very High	22+ Very High	22+ Very High	22+ Very High	22+ Very High	22+ Very High	22+ Very High
	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes
Minutes							
practicing relaxation							
	ndfulness/Med	Mindfulness/Med	Mindfulness/Med	Mindfulness/Med	Mindfulness/Med	Mindfulness/Med	Mindfulness/Med
Pre	og. Relaxation	Prog. Relaxation	Prog. Relaxation	Prog. Relaxation	Prog. Relaxation	Prog. Relaxation	Prog. Relaxation
	Autogenics	Autogenics	Autogenics	Autogenics	Autogenics	Autogenics	Autogenics
Technique S	elf Hypnosis	Self Hypnosis	Self Hypnosis	Self Hypnosis	Self Hypnosis	Self Hypnosis	Self Hypnosis
-	aph. Breathing	Diaph. Breathing	Diaph. Breathing	Diaph. Breathing	Diaph. Breathing	Diaph. Breathing	Diaph. Breathing
Di		0.11	Guide Imagery				
	uide Imagery	Guide Imagery	Guide Imagery	Canac mugery	Guide Inhagery		B)

Adapted from The Anxiety & Phobia Workbook 3rd edition by Edmund J. Bourne, Ph.D.