

# 7-Day Anxiety Reflection Journal

Reflect daily to notice shifts in your emotions, thoughts, and resilience.  
Gentle progress is still progress.

## DAY 1

1.Main Worry or Fear Today

2.Physical Symptoms Noticed:

3.Coping Tool Tried:

4.One Positive Thing That Happened:

5.How I Feel Now (Scale 1-10):

## DAY 2

1.Main Worry or Fear Today

2.Physical Symptoms Noticed:

3.Coping Tool Tried:

4.One Positive Thing That Happened:

5.How I Feel Now (Scale 1-10):

## DAY 3

1.Main Worry or Fear Today

-----

2.Physical Symptoms Noticed:

-----

3.Coping Tool Tried:

-----

4.One Positive Thing That Happened:

-----

5.How I Feel Now (Scale 1-10):

-----

## DAY 4

1.Main Worry or Fear Today

-----

2.Physical Symptoms Noticed:

-----

3.Coping Tool Tried:

-----

4.One Positive Thing That Happened:

-----

5.How I Feel Now (Scale 1-10):

-----





## DAY 5

1.Main Worry or Fear Today

2.Physical Symptoms Noticed:

3.Coping Tool Tried:

4.One Positive Thing That Happened:

5.How I Feel Now (Scale 1-10):

## DAY 6

1.Main Worry or Fear Today

2.Physical Symptoms Noticed:

3.Coping Tool Tried:

4.One Positive Thing That Happened:

5.How I Feel Now (Scale 1-10):

## DAY 7

1.Main Worry or Fear Today

-----

2.Physical Symptoms Noticed:

-----

3.Coping Tool Tried:

-----

4.One Positive Thing That Happened:

-----

5.How I Feel Now (Scale 1-10):

-----

