

## ANXIETY DIARY

It will help us to find the best way to deal with the anxiety you are feeling at the moment, if you can keep an anxiety diary for a short time. Use it to keep a note of when and where you feel anxious, and how anxious you feel. The chart below is designed to make this as easy as possible. The best way to record how anxious you feel is by using an anxiety scale. On this chart the scale is 0-10, where 0 = not anxious at all, 5 = moderately anxious and 10 = extremely anxious.

By filling in the chart it will be easier to identify the times and situations where you feel most anxious. When you come back to see me, we can discuss what you have recorded in your anxiety diary. This should help us to decide together the best way to deal with the problem.

Name: .....

Day, date & time	Where are you?	What are you doing?	Anxiety scale 0 – 10														
Example <b>Tuesday 31 Jan 22.10</b>	<i>Watching news on the TV</i>	<i>News of a disaster</i>	0	1	2	3	4	5	6	7	8	9	10	Not at all		Extremely	
			0	1	2	3	4	5	6	7	8	9	10	Not at all		Extremely	
			0	1	2	3	4	5	6	7	8	9	10	Not at all		Extremely	
			0	1	2	3	4	5	6	7	8	9	10	Not at all		Extremely	
			0	1	2	3	4	5	6	7	8	9	10	Not at all		Extremely	
			0	1	2	3	4	5	6	7	8	9	10	Not at all		Extremely	
			0	1	2	3	4	5	6	7	8	9	10	Not at all		Extremely	
			0	1	2	3	4	5	6	7	8	9	10	Not at all		Extremely	
			0	1	2	3	4	5	6	7	8	9	10	Not at all		Extremely	
			0	1	2	3	4	5	6	7	8	9	10	Not at all		Extremely	
			0	1	2	3	4	5	6	7	8	9	10	Not at all		Extremely	
			0	1	2	3	4	5	6	7	8	9	10	Not at all		Extremely	
			0	1	2	3	4	5	6	7	8	9	10	Not at all		Extremely	
			0	1	2	3	4	5	6	7	8	9	10	Not at all		Extremely	
			0	1	2	3	4	5	6	7	8	9	10	Not at all		Extremely	

**Adapted from original material in the report of the Scottish National Medical Advisory Committee on the management of anxiety and insomnia**