

Journaling To Overcome Anxiety

USE THE QUESTIONS IN THIS FILLABLE TEMPLATE TO BEGIN THE PROCESS TO LEARN MORE ABOUT YOURSELF, YOUR THOUGHTS AND FEELINGS.

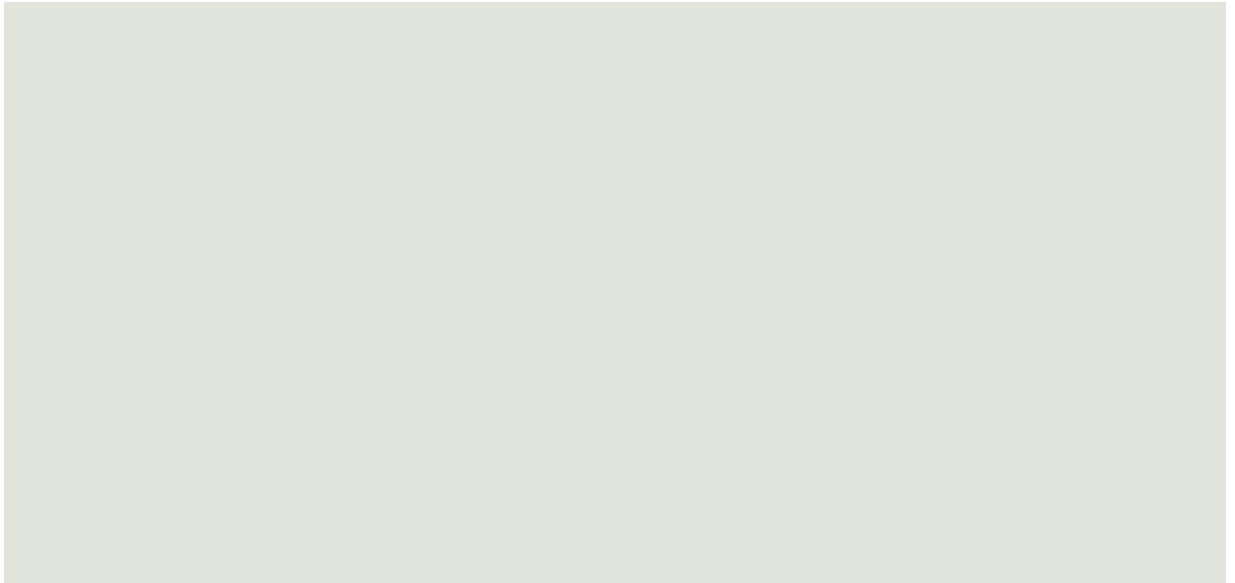
Anxiety is unhealthy for your body and brain, and learning how to get control of your anxiousness is essential. Journaling is an excellent way to calm your nerves and it teaches you to see a situation with different eyes. Give this a try!

YOU GOT THIS!

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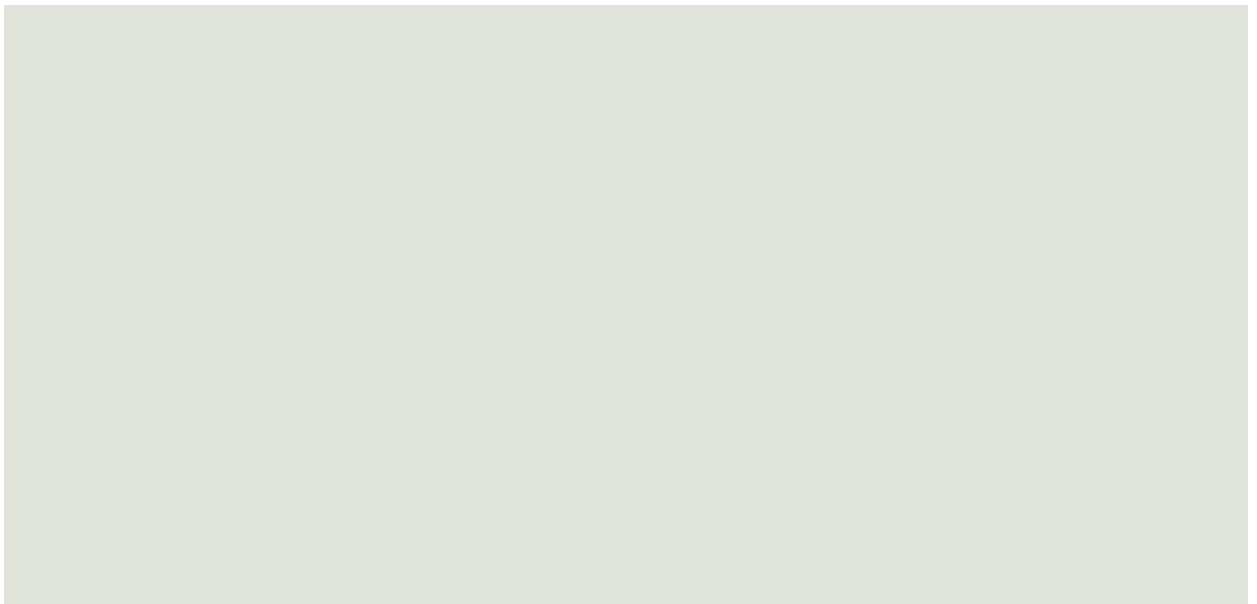
How do I feel in this present moment?

Take a deep breath and answer this with whatever feeling comes to mind.
Give a name to the feeling.



What happened that made you feel this way?

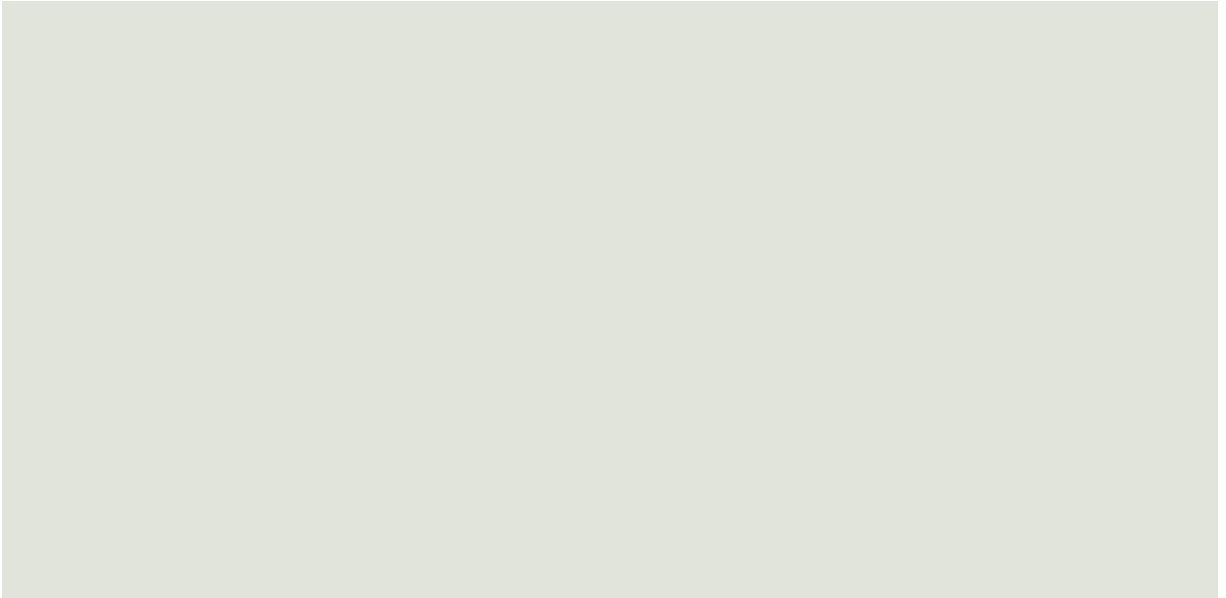
Write about your concerns and worries, be specific.



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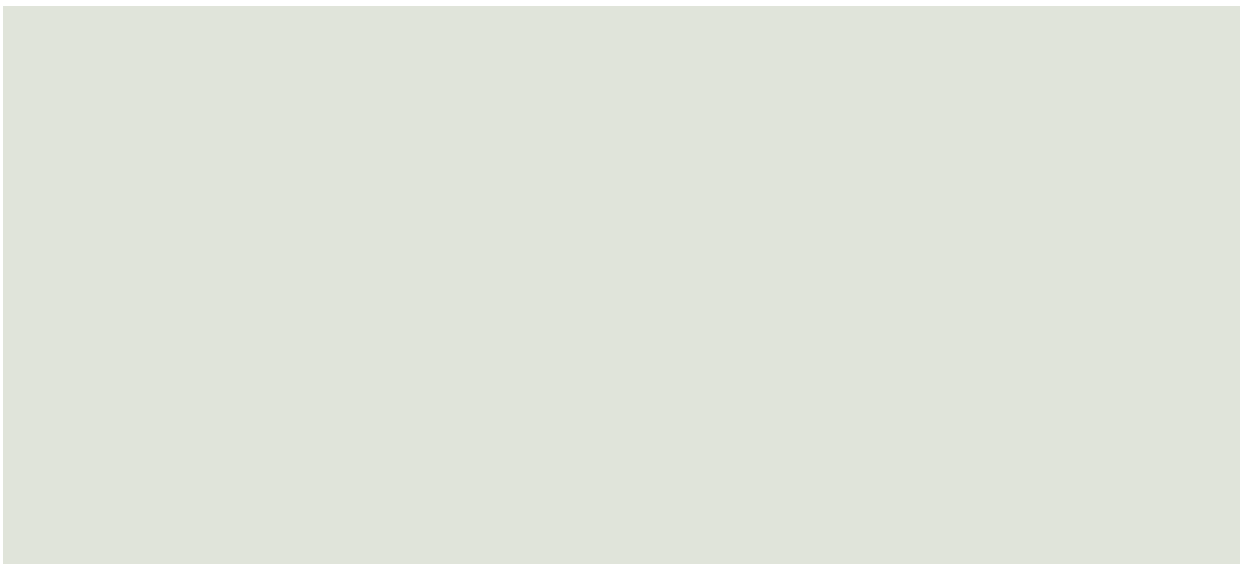
Does feeling this way help solve the problem or issue?

Be aware of your thoughts and feelings.



Would it be possible for things to be different right now?

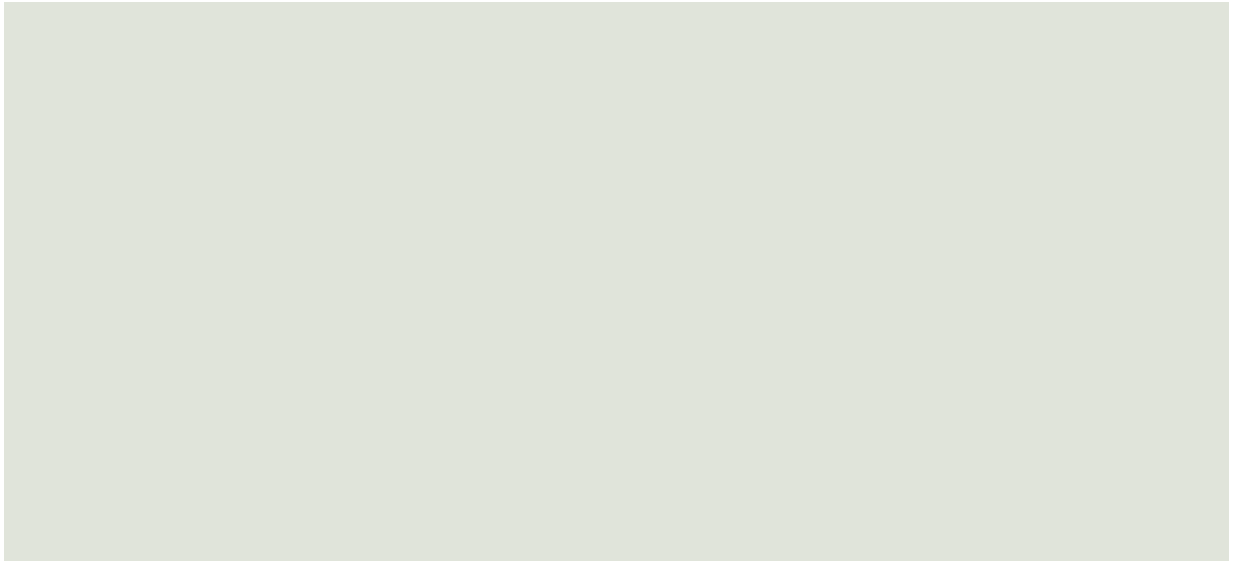
Explore other possibilities. Let go if negative thoughts.



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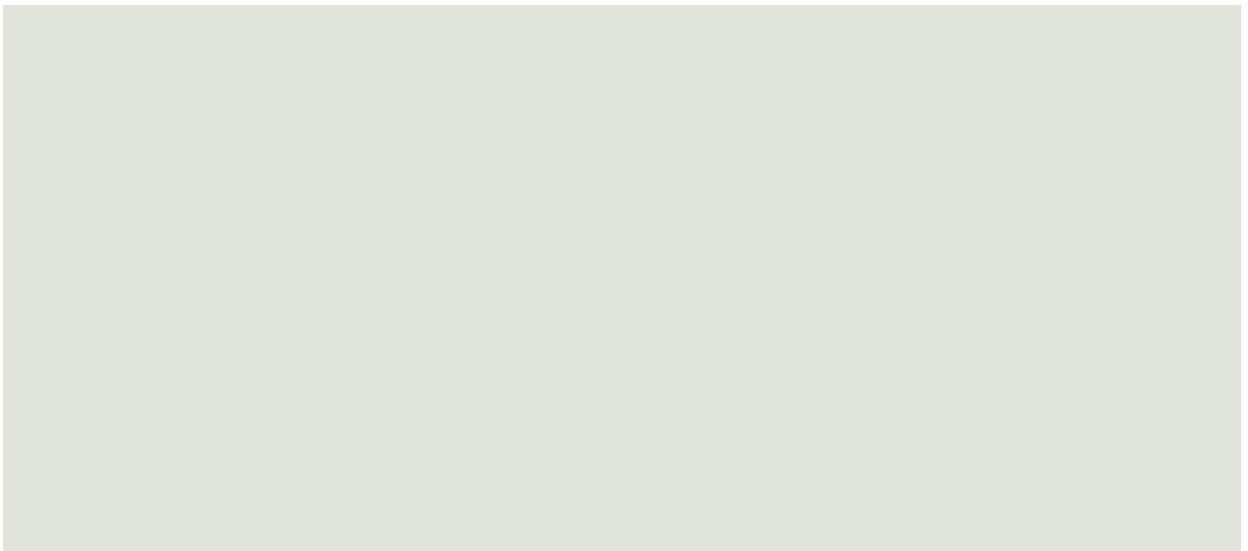
What can you do right now to change the circumstances?

Write about things you can do to make the outcome better, more positive.



How likely is that this will happen again? How do you know that?

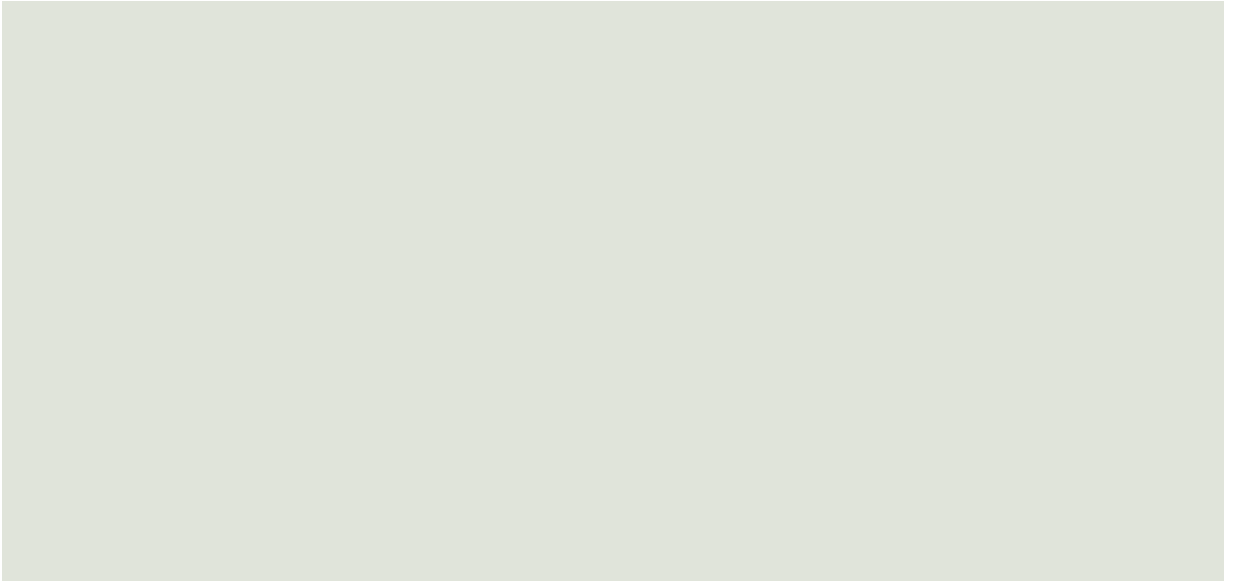
Don't hold back, write what comes to mind, acknowledge your fears.



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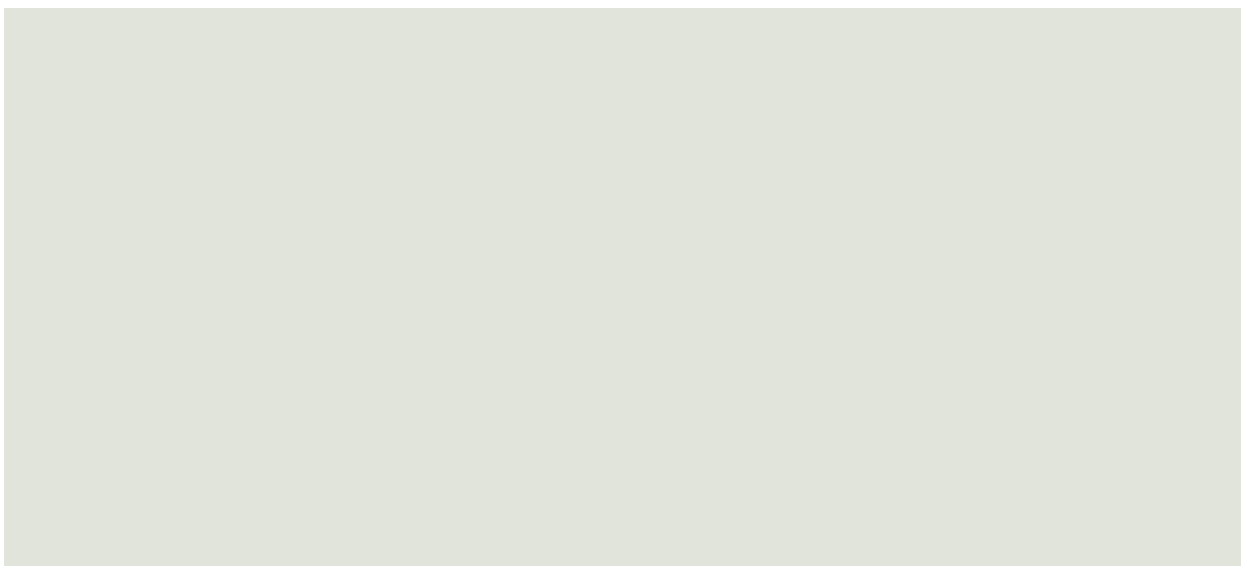
Come up of different ways of looking at things.

This is proven to be very helpful when you are having anxious thoughts.



Think about the biggest challenges that you've faced and overcome in the past. Write it down.

This exercise gives you strength to handle what is coming.



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CONGRATULATIONS!

GIVE YOURSELF A TAP ON THE BACK FOR
COMPLETING THIS JOURNAL!

The most important thing is that you keep moving forward
and learn to see the situations with a new perspective.

Learn to laugh at the things that you can't change today, and
forgive yourself for the times the negative thoughts and
feelings stressed you out.

COME BACK TO THIS JOURNAL AS MANY TIMES AS
YOU'D LIKE. IT'S YOUR JOURNAL AND YOU CAN USE IT
WHENEVER YOU WANT TO.

YOU CAN PRINT IT OR SAVE IT ON YOUR COMPUTER
FOR FUTURE REFERENCE.

YOU GOT THIS!