

Journal Prompts for Anxiety

1. What is triggering your anxiety right now? Is there a specific situation, event, or person?
2. How does anxiety feel physically in your body? Describe the sensations. Do you feel any physical pain or just emotional pain or discomfort? Are there any physical symptoms?
3. Think of a similar time when you successfully overcame your anxiety. What coping strategies did you use?
4. Rate your anxiety on a scale from 1 to 10.
5. How long did your anxiety last? Or are you still feeling anxious?
6. What advice would you give to someone who was in a similar situation? And to a younger you?
7. Do you know of other people who had anxiety and overcame it?
8. Can you think of any kind words to give yourself? Any words of empathy?
9. Do you have any small victories this week?
10. Did you take care of yourself today? Did you shower? Did you drink enough water? (You can check out our [self-care checklist for anxiety](#)).
11. How can you better take care of yourself during this time? What self-care activities can you do?
12. If anxiety was a person, and you could speak to it, what would you say?
13. List possible coping techniques that you have used for similar situations. Are they healthy? Do you think you could use any of them today? (Check our list of [healthy coping strategies](#))
14. Was someone particularly helpful during this time? How did they help you or support you? Were they a good listener? Did they give you good advice? Did you feel understood, or taken care of?
15. Make a list of possible contacts that you can ask for help, now or in the future.
16. Did you learn something about yourself today?
17. Did you feel an emotion you had never felt before?
18. Did you cry? Do you think crying helped you in any way?