

Anxiety Journal Prompts

WHAT HAS TRIGGERED MY ANXIETY THIS
WEEK?

IMAGINE A DAY WHERE ANXIETY DOESN'T
HOLD YOU BACK, WHAT WOULD YOU DO?

WHAT IS AN AFFIRMATION I CAN TAKE INTO NEXT
WEEK?

WHAT HAS GONE WELL THIS WEEK?

WHAT IS ONE SMALL CHANGE I CAN MAKE TO EASE MY ANXIETY
NEXT WEEK?



By Shades Of Psych