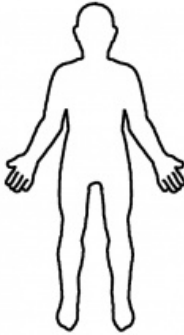
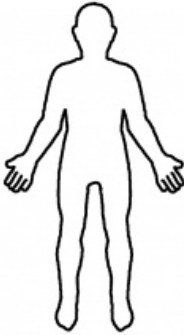
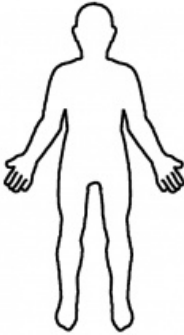
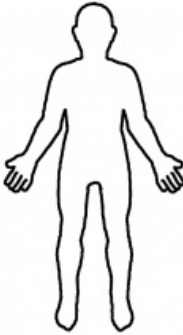


TRACKING YOUR ANXIETY

DAY:	MORNING	AFTERNOON	EVENING	NIGHTTIME
SITUATION:				
TRIGGERS:				
THOUGHTS:				
EMOTIONS				
WHERE DO I FEEL IT IN MY BODY				
ANXIETY RATING				

*Anxiety Scale: 1 being mild and 5 being acute