FREE PRINTABLE

Journaling Prompts for Anxiety

40 gentle prompts + worry sorting sheet, 5-4-3-2-1 senses page & weekly log



7 pages | US Letter | print at home

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Journaling Prompts for Anxiety 1 to 16

Pick the group that matches the moment. 1 prompt is enough for today.

WHEN WORRY IS LOUD RIGHT NOW

prompts 1 to 8

1. What is the worry saying right now? Write it in one plain sentence.
2. Where do I feel it in my body, and what does that feel like?
3. Name 3 things I can see from where I am sitting.
4. What is true in this exact moment, apart from the worry?
5. How loud is the worry from 0 to 10? Has the number moved since I started writing?
6. What would help me feel a little steadier in the next 10 minutes?
7. Which slow, simple task could keep my hands busy for a few minutes?
8. Finish this sentence: “Right now, one thing I can handle is...”

UNTANGLING A WORRY

prompts 9 to 16

9. What exactly am I afraid will happen? Write the whole story out.
10. Which parts of this do I know for sure, and which parts am I guessing?
11. What is the most likely outcome, if I set aside the worst and the best?
12. If the thing I fear did happen, what would I do first?
13. Who or what helped me cope with something similar before?
14. Is this worry about today, next month or a year from now?
15. Which part of this is mine to solve, and which part belongs to someone else?
16. Will this still matter to me a year from now? Why or why not?

Journaling Prompts for Anxiety 17 to 32

Write slowly and plainly. Short answers count, and you can skip any prompt.

PLANNING A SMALL NEXT STEP

prompts 17 to 24

17. What is the smallest step I could take on this today?
18. What question could I ask, or what fact could I check, before I decide?
19. Who could I ask for help, and what exactly would I ask them?
20. What would “good enough” look like here?
21. When will I take my first step? Write a day and a time.
22. What might get in the way, and how could I plan around it?
23. Which task am I avoiding because of this worry? What are its first 5 minutes?
24. How will I know I have done enough on this for today?

EVENING WIND-DOWN

prompts 25 to 32

25. What took up most of my thinking today?
26. Which worry can wait until tomorrow, and what time will I give it?
27. Which moment today felt lighter than I thought it would?
28. What can I set out now so tomorrow morning feels easier?
29. What is one thing I finished today, however small?
30. Which sounds, smells or textures help me feel settled at night?
31. Which thought keeps looping at night, and what calmer phrase could answer it?
32. What is my plan for the first 15 minutes of tomorrow?

Journaling Prompts for Anxiety 33 to 40

Look back with patience. A hard week you got through still taught you something.

LOOKING BACK ON A HARD WEEK

prompts 33 to 40

33. Which day this week felt heaviest, and what was going on?
34. Which worry took the most energy this week, and where does it stand now?
35. What helped me get through the hardest moment?
36. What did I do this week even though I felt worried?
37. Which early signs told me stress was building up?
38. What would I like to do differently when a similar week comes around?
39. Who made this week easier, and do they know it?
40. What do I want to remember the next time a week feels this hard?

A simple way to use these pages

1. Choose the group that fits how you feel today.
2. Answer 1 or 2 prompts. Set a timer for 10 minutes if that helps.
3. Stop whenever you like. Nothing has to be finished or tidy.
4. Read your notes back on a calm day and circle what helped.

These prompts are not a replacement for professional support.
If worry is getting in the way of daily life, talk to a doctor or counselor.
In crisis in the US? Call or text 988 (988 Suicide & Crisis Lifeline).
Outside the US, contact your local emergency number.

Worry Sorting Sheet

Split one worry into the parts you can act on and the parts you can let be.

Date _____ How loud is it? (0 to 10) _____

The worry, in one or two sentences

_____

_____

_____

Parts I can control

my actions, my words, my plans

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Parts I can't control

other people, the past, the weather

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

1 step I will take on the left side, and when:

_____

_____

How I will let the right side be for now:

ideas: write it here and close the page, take a walk, talk it over, give it a set worry time

_____

5-4-3-2-1 Senses Page

Slow down and notice what is around you, one sense at a time.

Date _____ Where I am right now _____

5 things I can see

colors, shapes, light, something far away

1. _____
2. _____
3. _____
4. _____
5. _____

4 things I can feel or touch

my feet on the floor, fabric, air, my hands

1. _____
2. _____
3. _____
4. _____

3 things I can hear

near sounds and far sounds

1. _____
2. _____
3. _____

2 things I can smell

or 2 smells I like, if nothing is nearby

1. _____
2. _____

1 thing I can taste

or 1 kind thing I can say to myself

1. _____

How loud is the worry? Before: ___ / 10 After: ___ / 10

One word for how I feel now: _____

Weekly Worry Log

A few words a day is enough. Patterns show up when you look back on Sunday.

Week of _____

Rate each worry from 0 (quiet) to 10 (very loud).

Day	What I worried about	How loud *0 to 10*	What I did	What helped
Mon		___ / 10		
Tue		___ / 10		
Wed		___ / 10		
Thu		___ / 10		
Fri		___ / 10		
Sat		___ / 10		
Sun		___ / 10		

A pattern I notice this week: _____

Next week I want to try: _____