

# Daily Self-Talk Journal

Name \_\_\_\_\_ Date \_\_\_\_\_ Day: M T W Th F Sa Su

Stress ratings:

- 1 = No anxiety; general feelings of well-being
- 2 = Mild anxiety; no interference with activity
- 3 = Moderate anxiety; specific sign(s) of stress present
- 4 = High anxiety; interference with activity
- 5 = Very high anxiety and panic reactions; general inability to engage in activity

Time	Topics/area of concern	Self-talk	Stress rating