



*Situation*

(Times I feel anxious/afraid)

Blank space for writing the situation.

*Feelings*

How strong is the fear/anxiety (as a percentage?)

Blank space for writing feelings.

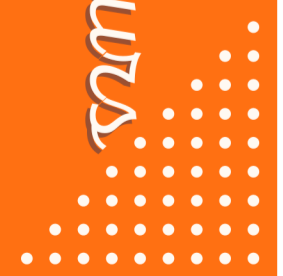
*Thoughts*

What am I worried about?

Blank space for writing thoughts.

*Safety Behaviours*

What am I doing to avoid the feelings or worries?



Blank space for writing safety behaviours.