

Diary 1

Where and when?	How did I feel?	What was it like?	What did I do?
<p>When did I feel anxious? Where was I and what was I doing?</p>	<p>What emotion(s) did I feel? How strong were they? 1 (calm) – 10 (worst possible)</p>	<p>How did it feel in my body? What thoughts or pictures did I have in my mind?</p>	<p>How did I try to cope? How did I feel when I'd done this? 1 (calm) – 10 (worst feelings possible)</p>