Please use this log for three days. Log date, time and event, ritual time spent (trying to stop anxiety) and anxiety level. Event is just a few words describing where you are or what is happening. Ritual means the behavior you do to try and alleviate your anxiety. Anxiety level is 1-10. Do not spend a lot of time writing this is just to note when, where and how long the anxiety is lasting so we may have a better understanding of your anxiety and how it presents in everyday life.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date** | **Time** | **Event** | **Ritual / Behavior** | **Time spent** | **Level** |
| 10.1. | 8pm | TV- holiday movie | Wanting/Eating ice cream when not hungry | 30 mins. | 3 |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |