


# Anxiety Trigger Tracker

Monitoring and reflecting on triggers



 In this activity, you will learn how to track your anxiety triggers to understand and manage your anxiety better.

## Understanding Anxiety

Anxiety is a feeling of worry, nervousness, or unease. It's normal to feel anxious sometimes, like before a test or a big event. But when anxiety becomes too strong or happens too often, it can make you feel uncomfortable and affect your daily life. This tracker will help you understand what makes you anxious so you can find ways to cope.

## Anxiety Trigger Tracker

Use this tracker to record situations that make you feel anxious. Understanding your triggers is the first step to managing anxiety.

**Instructions:** Fill out the sections below each time you notice feelings of anxiety.

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

**Situation / Trigger:**

What was happening when you noticed anxiety? Where were you?

**Trigger Type (Optional Checkboxes):**

Social

Work/School

- Health
- Thoughts
- Environment
- Other: \_\_\_\_\_

**Emotions & Intensity:**

What did you feel? Rate intensity (0–100%)

**Physical Sensations:**

What did you notice in your body? (e.g., racing heart, tight chest, sweating)

**Automatic Thoughts:**

What thoughts went through your mind?

**Response / Behavior:**

What did you do? (e.g., avoided, left, stayed, coped)

**Coping Strategies Used:**

What helped (if anything)?

**Reflection:**

What did you learn? What might you try next time?

 *How to Use This Tracker*

- **Notice** when anxiety shows up
- **Write** down the situation and trigger

- **Identify** your emotions, thoughts, and body sensations
- **Track** how you responded
- **Reflect** on patterns and helpful coping strategies
- **Use** this awareness to build healthier responses over time



### Gentle Reminder

Awareness is the first step to change. Tracking your triggers helps you understand and manage anxiety.

### Next Steps

Keep using this tracker to become more aware of your anxiety triggers. Over time, you'll start to see patterns and find coping strategies that work for you. Remember, it's okay to ask for help from a trusted adult if you're struggling with anxiety.