



## UK Therapy Guide

Passionate about Therapy

Easily find qualified  
trusted Therapy &  
Counselling

Week Beginning: \_\_\_\_\_

• [support@uktherapyguide.com](mailto:support@uktherapyguide.com)

• [www.uktherapyguide.com](http://www.uktherapyguide.com)

• Tel: 08000248088

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

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



What do you think is making you feel anxious?

\_\_\_\_\_

*I've got to do a talk at work tomorrow*

Where are you? (Home, work, etc.)

\_\_\_\_\_

*I'm at home*

How does your body feel?

\_\_\_\_\_

*I feel sick*

What is your current mood and state of mind?

\_\_\_\_\_

*I feel low and I can't think straight*

What is your current anxiety level between 1 and 10?  
1=A little or not at all  
10=Very anxious

\_\_\_\_\_

*8*

What action did you take to calm yourself down?

\_\_\_\_\_

*I ran a bath and made some of my favourite tea*

Please rate your anxiety level again.  
1=A little or not at all  
10=Very anxious

\_\_\_\_\_

*4*

Please rate your anxiety level again.  
1=A little or not at all  
10=Very anxious

\_\_\_\_\_

**EXAMPLE**

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

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



What do you think is making you feel anxious?

\_\_\_\_\_

Where are you? (Home, work, etc.)

\_\_\_\_\_

How does your body feel?

\_\_\_\_\_

What is your current mood and state of mind?

\_\_\_\_\_

What is your current anxiety level between 1 and 10?  
1=A little or not at all  
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\_\_\_\_\_

What action did you take to calm yourself down?

\_\_\_\_\_

Please rate your anxiety level again.  
1=A little or not at all  
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Date: \_\_\_\_\_

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



What do you think is making you feel anxious?

\_\_\_\_\_

Where are you? (Home, work, etc.)

\_\_\_\_\_

How does your body feel?

\_\_\_\_\_

What is your current mood and state of mind?

\_\_\_\_\_

What is your current anxiety level between 1 and 10?  
1=A little or not at all  
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What action did you take to calm yourself down?

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

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



What do you think is making you feel anxious?

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