

| **Day/Time** | **Situation** | **Thoughts** | **Physical Sensation** | **Anxiety Rating1- low , 10 - high** | **What Did I do?** | **What did I say to myself?** |
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| **Example:**June 2, 2021 / 3 pm | My partner didn’t reply to my messages right away | “They might not be interested with me anymore” | Sweating Hands, Heart-pounding | 8 | Deep Breathing, Distract Myself | “He is probably busy at work. It’s working hour and earlier he said that he has a meeting with his boss today.” |
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