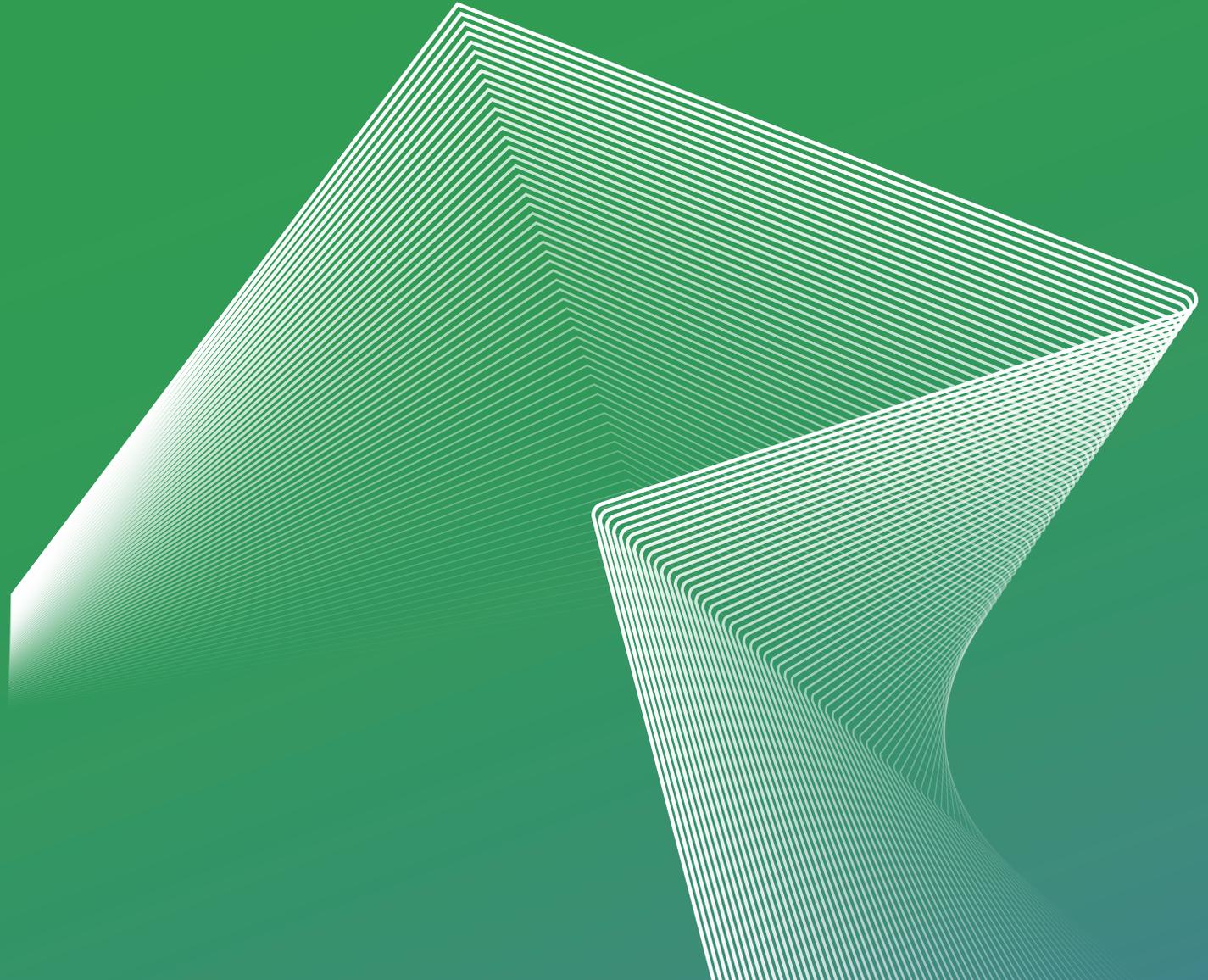


PSYCHOLOGY**T****LS**

**Anxiety Self-Monitoring  
Record**

American English



# Anxiety Self-Monitoring Record

## Description

Self-monitoring is a fundamental tool in cognitive behavioral therapy (CBT). Self-monitoring can be used to:

- Identify negative automatic thoughts (NATs)
- Help clients understand the links between thoughts, emotions, body sensations, and responses

This *Anxiety Self-Monitoring Record* is designed to help clients to better understand their anxious thoughts and responses.

## Instructions

Clients should be instructed to record specific instances in which anxious thoughts, feelings, or responses were prompted.

1. In the first column (Situation) clients should be instructed to record what they were doing when they started to notice a significant change in how they were feeling. Training clients to record specific details (such as who they were with, where they were, and what had just happened) is often helpful when later elaborating a memory for an event, or simply in understanding the reasons for subsequent thoughts and responses
2. In the second column (Emotions and body sensations) clients should be instructed to record the emotional reactions that caught their attention in that moment (which can typically be described using single words, e.g. anxious, scared, terrified) and associated body sensations (e.g. tightness in my stomach). Clients should be encouraged to rate the intensity of these sensations on 0–100% scale.
3. In the third column (Anxious thoughts) clients should be directed to record any automatic cognitions. They should be reminded that cognitions can take the form of verbal thoughts, but can also take the form of images, or memories. Anxious thoughts often take the form of (negative) predictions about the (near) future. If a recorded cognition is an image (e.g. “*I had a picture in my mind of my daughter falling over the edge*”) clients should be directed to question what that image means to them (e.g. “*It means I’m careless and not capable of looking after her*”) and to record that idiosyncratic meaning.
4. In the fourth column (Coping responses) clients should be instructed to record what they did in response to the anxious thought and feeling. Did they make efforts to express or suppress it? Did they respond overtly (e.g. safety behavior) or covertly (e.g. self-reassurance)?

## References

- Barlow, D. H. (2004). *Anxiety and its disorders: The nature and treatment of anxiety and panic*. Guilford press.
- Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, G. (1979). *Cognitive therapy of depression*. New York: Guilford.

# Anxiety Self-Monitoring Record

<b>Situation</b> Who were you with? What were you doing? Where were you? When did it happen?	<b>Emotions &amp; body sensations</b> What did you feel? (Rate intensity 0–100%)	<b>Anxious thoughts</b> What were you predicting would happen? (Rate degree of belief 0–100%)	<b>Coping responses</b> How did you cope with what you were feeling? What precautions did you take?
<p>Record the date &amp; time of each event</p>			

# Anxiety Self-Monitoring Record

<b>Situation</b> Who were you with? What were you doing? Where were you? When did it happen?	<b>Emotions &amp; body sensations</b> What did you feel? (Rate intensity 0–100%)	<b>Anxious thoughts</b> What were you predicting would happen? (Rate degree of belief 0–100%)	<b>Coping responses</b> How did you cope with what you were feeling? What precautions did you take?
<p><i>Monday 11:30</i>  <i>At work, sitting in the kitchen talking to colleagues.</i></p>	<p><i>Anxious, concerned – 80%</i>  <i>Hot &amp; sweaty, face flushed</i></p>	<p><i>People are going to notice that I'm sweating and I'll be humiliated.</i></p>	<p><i>Keep my arms to my sides.</i>  <i>Try not to draw attention to myself.</i>  <i>Make my excuses and leave.</i></p>
<p><i>Thursday 20:00</i>  <i>In my bedroom at home</i>  <i>In the evening, tv is on</i></p>	<p><i>Anxious – 70%</i>  <i>Tense in my stomach</i></p>	<p><i>If I don't make sure that I do things just right then people I love are going to get hurt.</i></p>	<p><i>Perform my compulsion / ritual and make sure I get it just right</i>  <i>Worry about ways people might get hurt.</i></p>
<p><i>Friday 07:30</i>  <i>Climbing stairs at home</i></p>	<p><i>Can hear the blood pulsing in my ears – it's really fast and 'whooshing'</i>  <i>Feel afraid – 95%</i></p>	<p><i>My blood pressure is really high – I'm going to have a stroke.</i></p>	<p><i>Rest – try not to exert myself.</i>  <i>Never go anywhere without family member with me.</i>  <i>Don't go far from a hospital.</i></p>

Record the date & time of each event

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contact@psychologytools.com

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