
Worry Record

Date: _____ Time began: _____ (A.M./P.M.) Time ended: _____ (A.M./P.M.)

Maximum level of anxiety (circle a number below):

0-----10-----20-----30-----40-----50-----60-----70-----80-----90-----100
None Mild Moderate Strong Extreme

Indicate which of the following symptoms you are experiencing:

Restlessness, feeling keyed up or on edge _____
Easily fatigued _____
Difficulty concentrating or mind going blank _____
Irritability _____
Muscle tension _____
Sleep disturbance _____

Triggering events: _____

Anxious thoughts: _____

Anxious behaviors: _____

Daily Mood Record

Rate each column at the end of the day, using a number from the 0- to 100-point scale below.

0-----10-----20-----30-----40-----50-----60-----70-----80-----90-----100
None Mild Moderate Strong Extreme

Date	Overall Anxiety	Maximum Anxiety	Overall Physical Tension	Overall Preoccupation with Worry	

The second form is the Daily Mood Record, to be completed at the end of each day, just before you go to sleep.

We find it most helpful to use a scale of 0 to 100 points for rating levels of anxiety. In the first column, record your average, or overall, level of anxiety over the day, by taking all of the day into consideration. Choose a number from 0 to 100, where 100 equals extreme anxiety and 0 equals no anxiety. These 0- to 100-point ratings will become second nature to you after a little practice. Using a number scale is a much more objective method of rating your mood state than recording words or phrases about how you feel. In the second column, record the maximum, or highest, level of anxiety you felt during the day, using the same 0- 100-point scale. If nothing important happened during the day and you did not experience episodes of heightened anxiety, then the numbers in the first two columns should be the same. In the

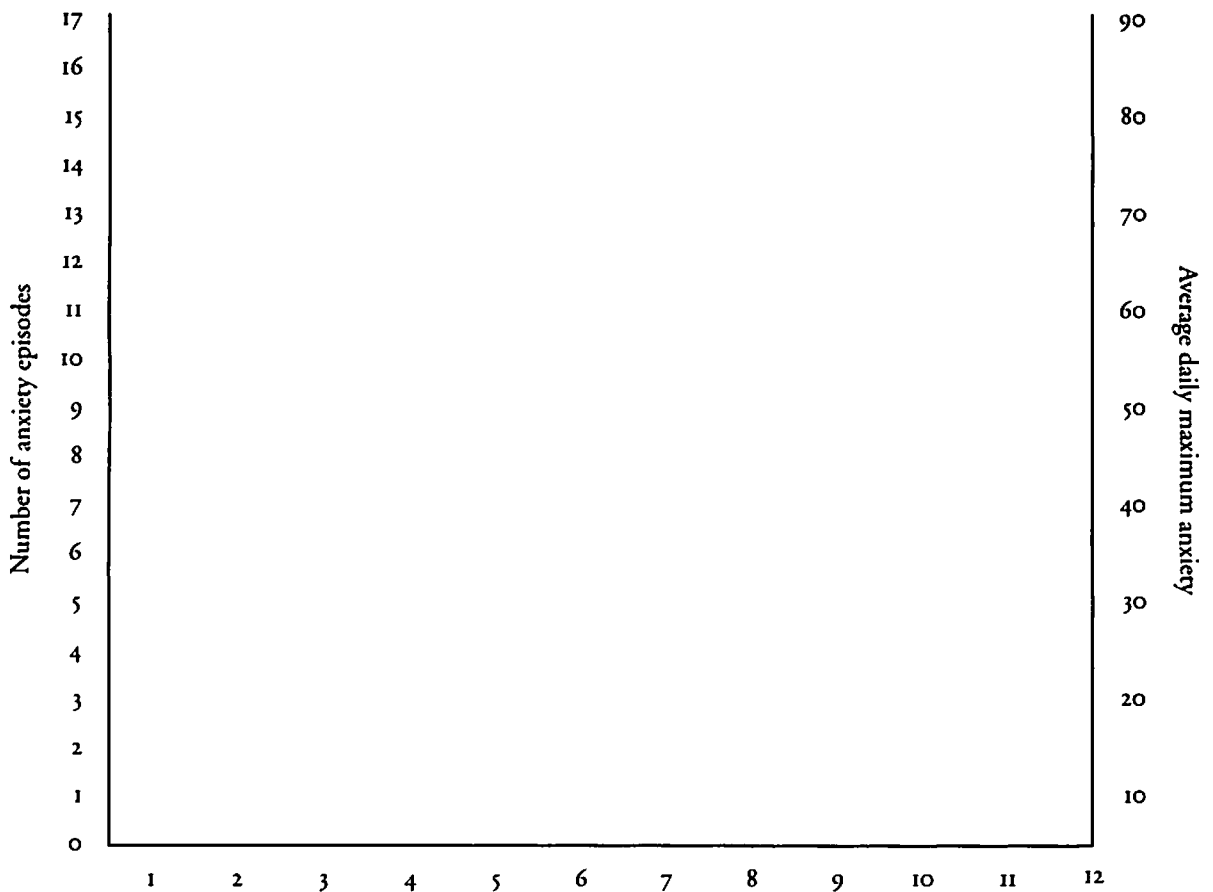
sion, and preoccupation with worry were quite mild on two days (Tuesday and Thursday). James elected to rate headaches as well, because they were a particularly frequent and distressing symptom for him.

Finally, it is important to keep a chart of your improvement, based on information gathered from the Worry Record and the Daily Mood Record. The Progress Record is designed to summarize your progress over the week so that you can easily view changes over the course of the entire program. You can select any feature that you are recording to summarize on your Progress Record. A blank copy of the Progress Record follows. At the very least, we recommend that you record the number of anxiety episodes that you ex-

Progress Record

Left axis: Number of anxiety episodes per week (from the number of Worry Records)

Right axis: Average of daily maximum anxiety per week (from the Daily Mood Record)



third column, record your average or overall level of physical tension or discomfort, including aches and pains, irritability, poor concentration, restlessness, fatigue, and difficulty sleeping, taking all of the day into consideration. In the fourth column, record your average or overall level of preoccupation with worries, again taking all of the day into consideration, in other words, how much of the day your mind was focused on worrisome thoughts. The fifth column is left blank in case you have something specific that you want to additionally monitor (such as procrastination or nail biting).

In the following example, we can see that James had a mixed week, with some days having higher ratings than other days. Remember, if we had asked James at the end of the week how this week had been, he may have said that he was anxious all week, when in fact, his anxiety level, physical ten-

Daily Mood Record for James

Rate each column at the end of the day, using a number from the 0- to 100-point scale below.

0-----10-----20-----30-----40-----50-----60-----70-----80-----90-----100
 None Mild Moderate Strong Extreme

Date	Overall Anxiety	Maximum Anxiety	Overall Physical Tension	Overall Preoccupation with Worry	Headaches
Monday 7th	45	85	65	75	50
Tuesday 8th	25	50	45	45	10
Wednesday 9th	60	90	70	70	65
Thursday 10th	15	25	20	25	10
Friday 11th	40	60	50	55	30
Saturday 12th	25	30	10	30	15
Sunday 13th	50	50	30	40	20