











Anxiety tracker

Take notes on when your child gets anxious. How stressed you felt is a key detail — because a caregiver's behavior can impact a child's anxiety.

Timing	Setting	Signs	Outcome	Child rating	Caregiver rating
<ul style="list-style-type: none"> • Time of day • Day of week • Date 	What was happening just before your child began to feel anxious?	Which physical, emotional, or behavioral signs of anxiety did you see?	What helped your child calm down and how long did it take?	How intense was your child's anxiety? (1=low, 10=high)	How stressed were you feeling at this moment? (1=low, 10=high)
					
					
					
					
					

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Timing	Setting	Signs	Outcome	Child rating	Caregiver rating
<ul style="list-style-type: none"> Time of day Day of week Date 	What was happening just before your child began to feel anxious?	Which physical, emotional, or behavioral signs of anxiety did you see?	Getting clothes and backpack ready for school the next day	How intense was your child's anxiety? (1=low, 10=high)	How stressed were you feeling at this moment? (1=low, 10=high)
<ul style="list-style-type: none"> 10pm Sunday 4/21/2019 	Getting clothes and backpack ready for school the next day	Crying, yelling, didn't want to try to sleep	I rubbed Matteo's back for a long time	7	5
<ul style="list-style-type: none"> 7:30am Monday 4/22/2019 	Wasn't eating his breakfast and didn't want to go to school	Stomachache, then total meltdown	He calmed down pretty quickly after I said he could stay home	10	10
<ul style="list-style-type: none"> 9:30pm Wednesday 4/24/2019 	Trying to plan an essay. He kept saying things like "What if I pick the wrong topic?"	Clenching his jaw, tugging at his eyebrow, being mean to everyone	Dad role-played how to ask teacher for advice on choosing a topic	6	4
<ul style="list-style-type: none"> 7:45am Thursday 4/25/2019 	Worrying about asking the teacher about the essay	Yelling, crying, refusing to go to school	Matteo watched me email the teacher, then got on bus, still shaky	8	9
<ul style="list-style-type: none"> 11am Saturday 4/27/2019 	Nana was trying to take him to a classmate's birthday party	Meltdown, refused to go	He started to relax when Nana gave in and said he could stay home	9	10