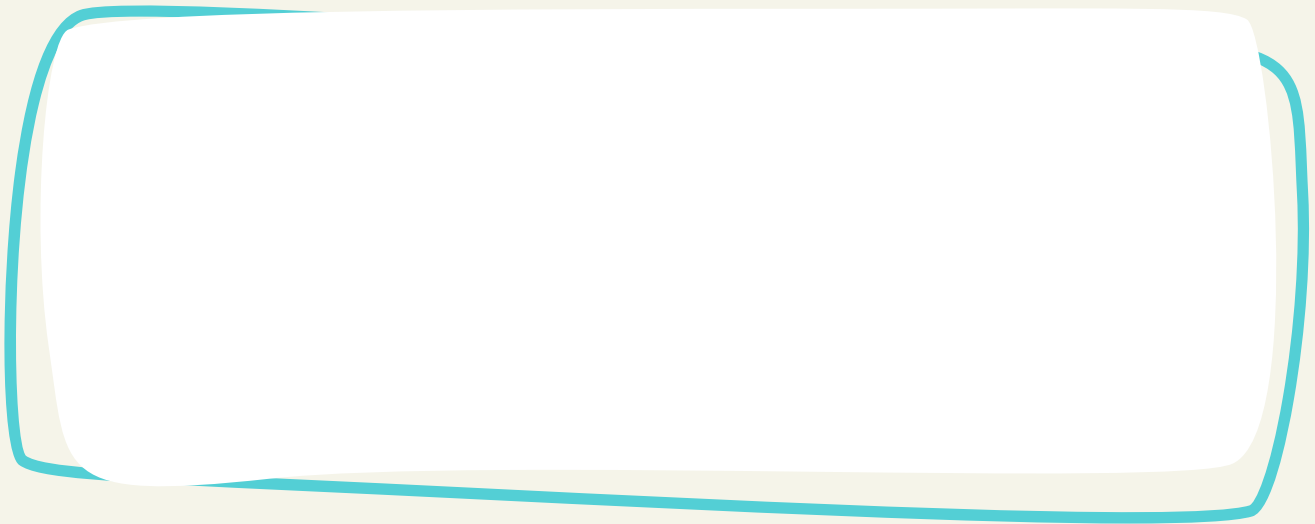


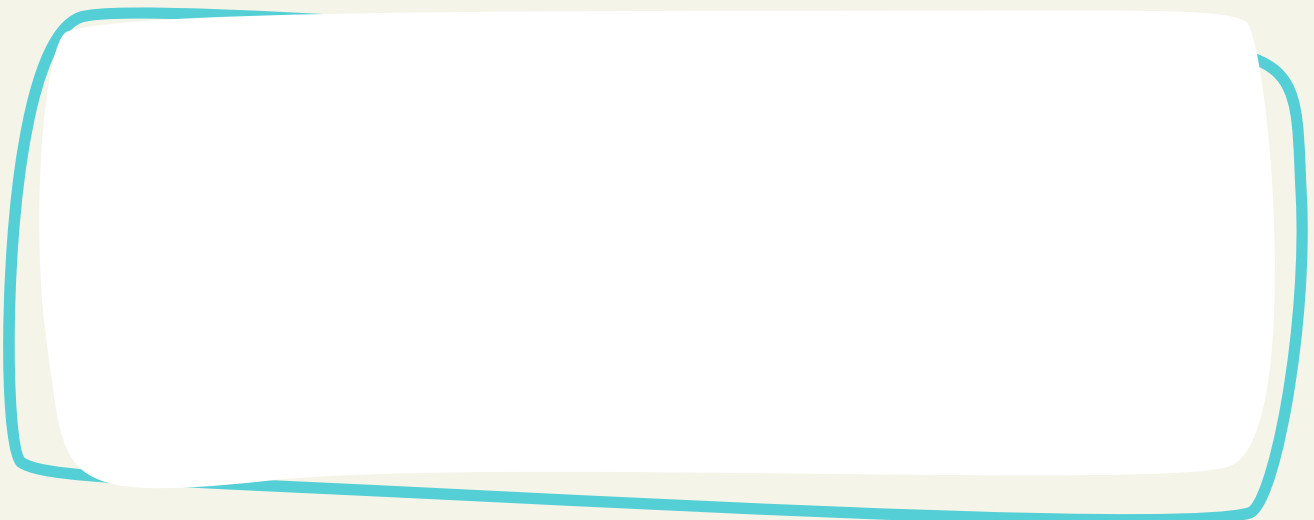
# Journaling Prompts

Use the following prompts to help you work through your thoughts, feelings and actions during moments of anxiety or stress.

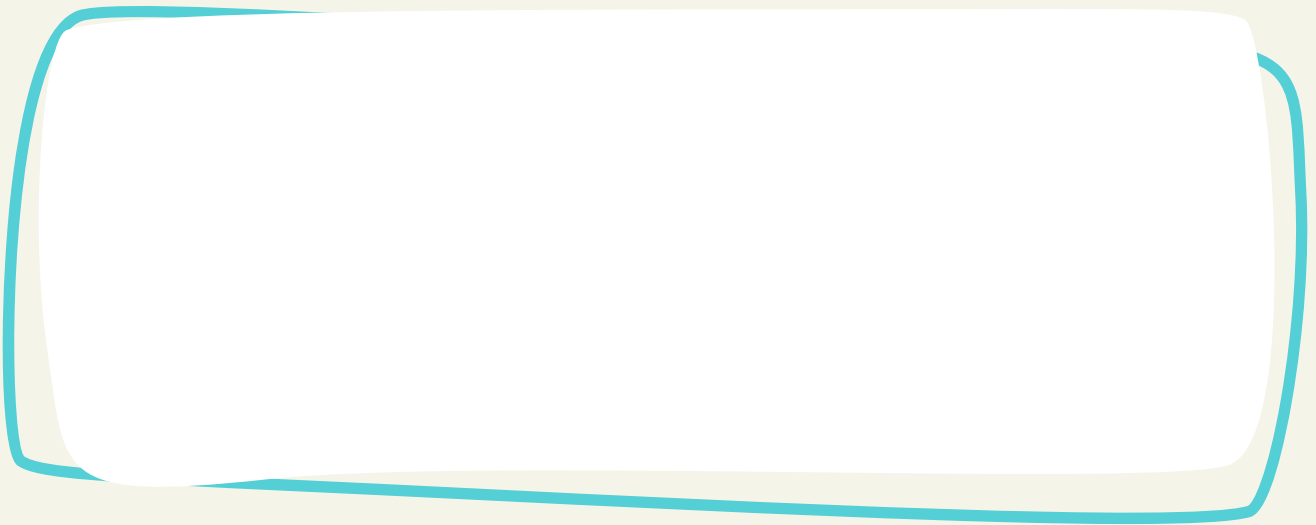
1) What situation has occurred?



2) What physical sensation(s) am I feeling?



**3) What thoughts am I having?**



**4) What action can I take to help manage these thoughts?**



**5) How do I feel after doing these things?**

