

Mapping where your anxiety is showing up

Anxiety often shows up in the body before it surfaces in language. Mapping where it lands, across two weeks, is observation, not measurement.

This worksheet is for noticing patterns: where in your body anxiety shows up, what situations bring it forward, what time of day it's loudest, what you tend to do in response. It is not a score, and nothing here is a test of how you're doing.

i For use alongside therapy, not as a substitute. This worksheet is for noticing patterns, not for scoring yourself or measuring severity. What the patterns mean is a conversation to have with a clinician.

WHAT THIS IS

A way to notice your own pattern

- Two weeks of light observation, one row a day
- A record of where, when, and how anxiety shows up
- Information for a future conversation, if you want one
- Useful alongside therapy, or as a first step on your own

WHAT THIS IS NOT

A score, a test, or a diagnosis

- Not a scale, and not a measurement of severity
- Not a test you can pass or fail
- Not a substitute for talking to a clinician
- Not something to perfect; partial entries are still useful

HOW TO USE IT

- 1** Once a day, for two weeks

Fill in a row at any point in the day. Evening tends to work well, but any time is fine.
- 2** Keep it brief

A few words per cell. You're noticing, not writing a report. Skip cells if nothing comes.
- 3** At the end, look for patterns

Read across the two weeks. Notice what repeats in your body, your timing, your situations.

AN EXAMPLE OF WHAT A ROW MIGHT LOOK LIKE

DAY & DATE	WHAT WAS HAPPENING	WHERE IN THE BODY	TIME	WHAT I DID
Day 1, Tue 4 Mar	Big meeting at work, lots of pressure on me to present	Chest tight, jaw clenched	10am	Slow breath, kept going, told a colleague after

For some people, anxiety is linked to how they attend to body signals, not only to the signals themselves (Clemente et al., 2024).

AFTER TWO WEEKS, WHAT TO LOOK FOR

When you read across your rows, four kinds of pattern tend to surface. None of them is a problem on its own. Together, they describe how anxiety is moving through your life right now.

BODY LOCATIONS THAT REPEAT

Where it tends to land

Chest, gut, throat, jaw, shoulders, head, hands. Many people have a few recurring locations rather than one.

TIMES OF DAY THAT REPEAT

When it tends to be loudest

Mornings before work, mid-afternoon dip, evenings, the hour before sleep. The timing can have a reason.

SITUATIONS THAT REPEAT

What it tends to attach to

Work meetings, social plans, money, health, family, decisions. Notice the categories, not only the details.

RESPONSES THAT REPEAT

What you tend to do

Push through, avoid, distract, ask for help, freeze, slow your breathing. Your responses are information too.

REMEMBER This is for noticing patterns, not for scoring yourself. There are no right answers, and no wrong ones.

Two-week tracker



One row per day for two weeks.

A few words per cell. Skip cells if nothing comes. At the end, look across the rows for the four patterns described on page 1.

DAY & DATE	WHAT WAS HAPPENING	WHERE IN THE BODY	TIME	WHAT I DID
WEEK 1				
Day 1 date:				
Day 2 date:				
Day 3 date:				
Day 4 date:				
Day 5 date:				
Day 6 date:				
Day 7 date:				
WEEK 2				
Day 8 date:				
Day 9 date:				
Day 10 date:				
Day 11 date:				
Day 12 date:				
Day 13 date:				
Day 14 date:				

WHEN YOU HAVE READ THE PATTERNS

You can bring this to a first conversation, or just keep noticing.

The patterns you have written down are useful information, whether or not you book a session. If you would like to talk them through, the Meet and Greet is a short call to see if we are the right fit.

MEET AND GREET

- Free
- 15 minutes
- Online or in-person
- No obligation