

**Self-Identifying and Managing Anxiety**

Student name: \_\_\_\_\_ Is this strategy working? \_\_\_\_\_

			Possible Triggers			
Date & Time	Intensity	Observed Behavior	Emotional/ Thought (anxiety, frustration, obsession, confusion, etc.)	Environmental / Social (climate, distractions, odors, interactions, etc.)	Coping Strategy	Effectiveness of Strategy
	3 2 1					
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