



The Daily Anxiety Checklist

By Deepak Chopra

One method to ending the cycle of anxiety is to keep a simple daily log track your progress, rather than keeping a full-fledged journal, which might be difficult to sustain after a few weeks or months. Use this simple checklist to tick off what went right and what went wrong for you every day. Avoid the urge to become discouraging or self-pitying. Feel free to write any notes to yourself at the bottom of the page.

Positives

- I stood up for myself, I spoke my mind.
- I felt strong.
- I had a moment of being real with someone.
- I dealt with a panicky moment.
- I started to feel anxious but it didn't progress.
- I felt optimistic about myself.
- I had hope for the future.
- I felt some peace and calm.
- I survived a difficult situation.
- I appreciated myself; I congratulated myself.
- I felt worthy; my esteem was high.
- I didn't fall into my usual reaction.
- I had a bright idea.
- The world seemed like a safe place to be.
- I felt accepted.
- I didn't cling to anyone or use them as a crutch.
- I faced a difficult choice.

Negatives

- I didn't stand up for myself; I wanted to speak my mind but didn't.
- I felt weakness.
- I didn't get real with anyone.
- I suffered through one or more panic attacks.
- I had a lot of low-level anxiety that didn't go away.
- I felt pessimistic about myself.
- The future looked hopeless.
- I felt no peace and calm.
- I caved in to a difficult situation.
- I criticized myself and fell into self-judgment.
- I felt unworthy; my esteem was low.
- I related to people who made me feel bad about myself.
- I gave in to someone else's negative views.
- I didn't feel safe.
- I felt rejected.
- I was clingy.
- I procrastinated and put off a difficult choice.
- I wanted someone to rescue me.
- I kept wishing that things would get better on their own.

Notes:

