Your COVID Recovery

Second Thought Diary for Anxiety

NHS

When Day/Time	Situation What was happening?	Thoughts What was going through your mind? Did you experience any images?	Rating Rate your Fear/ Anxiety (0-10) 0 = lowest possible 10 = highest possible	Alternative response Healthier more balanced perspective	Re-rate emotion(s) Rate 0-10 0 = lowest possible 10 = highest possible