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## Worry journal

Everyone can feel worried from time to time, which is completely normal. We all react differently to feeling anxious – some people become angry and shouty, whereas others just get very sad and want to be alone for a while.

You can use this worry journal to note down your feelings every day. It can help to share your thoughts and concerns with someone close to you such as a friend, brother or sister, parent or teacher. But if you're not ready yet, feel free to keep this diary to yourself.

### If you're not sure what to write, try to think about some of these questions:

- What is making you feel worried today? Why?
- If you could speak to your worries, what would you say?
- Write down what you are thinking about most today. How is it making you feel?
- Write down three things you've achieved today, no matter how small.

Date

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Monday

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Tuesday

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**Thursday**

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**Saturday**

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**Sunday**

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