

## Appendix 4 Self-monitoring scale for the measurement of anxiety

Use the following table to describe times when you have felt anxious. Try and be specific, as it helps establish the nature, severity and triggers for your anxiety

### Emotions

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### What do you feel?

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### Situation

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### What were you doing to trigger this feeling?

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### Thoughts

What did you think about the situation that led to these feelings? What images and thoughts went through your mind?

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### Challenging Thoughts

How can you challenge the validity of the thoughts?

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### Outcome

How strongly do you believe the thoughts now?

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