

Anxiety and Overthinking Journal Prompts

What exactly am I worried will happen?
What evidence do I have for this fear, and
what am I assuming?

What part of this situation is actually
within my control?

What part is outside my control?

If my worst-case scenario happened, what
support or resources could I turn to?

What is the most likely outcome, rather
than the most frightening one?

Am I trying to solve a problem that hasn't
happened yet?

What would I tell a friend who was having
this exact worry?

What physical sensations tell me that my
anxiety is increasing?

What happened the last time I felt this
level of uncertainty?

What would help me feel 5% more
grounded right now?

What thought can I return to when
my mind starts spiraling again?

