**Anxiety Ratings**

**0\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_10**

**Not a problem Most distressing ever**

**Date:**

My anxiety rating today is \_\_\_\_\_\_\_\_\_

My anxiety rating generally is \_\_\_\_\_\_\_\_