



Untangle Anxiety Journal

Liz Stewart

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Each page of this journal has space for both what you are currently thinking about, and what it is beneficial to be thinking of. If you are currently suffering from anxious thoughts and feelings, it will be of great benefit to you to frequently empty your mind of the negative thoughts, while also being reminded to think often of the positive. Doodle anywhere you like on these pages, colour them in, swear, draw anything that comes to mind, write bullet lists, add stickers, write a note to me or someone else, knowing they will never see it - or they will should you decide to show them. Turn down the corners of the pages on which you noted something that made you smile, then go back and read it often.

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